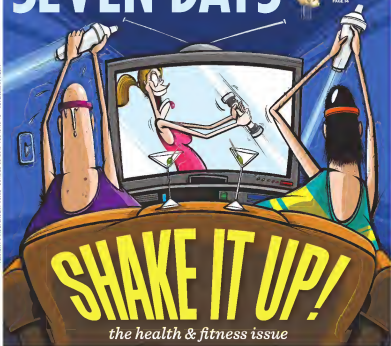


# SEVEN DAYS



**DEM GOV  
RACE PART II**

Profile: Senator  
Peter Shumlin  
PAGE 14



**AMADEUS! INSIDE!**  
VT Mozart Festival guide



**WHAT A CREW** PAGE 16  
Rowing with Black Fly Scullers



**FORGET ME NOT** PAGE 18  
Facing a father's Alzheimer's





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—J Ultrasound Med 2008 Aug;27(8): 1137-46

Treatment of patients with chronic tennis elbow with platelet rich plasma reduces pain and significantly increases function, exceeding the effect of corticosteroid injection.

—Am J Sports Med 2010 Feb;38(2): 255-62

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"When I first came to see Dr. Russo, the pain near both of my elbows had been worsening continuously, and he determined the problem to be tendinitis. After just one treatment, my arms began to heal and strengthen, and 3 months later, I was free of pain and able to do all that I couldn't before treatment."

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—Esther M. George,  
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# THE LAST SEVEN DAYS

JUNE 16-23, 2010 | COMPLEXITY ENTERTAINMENT  
WEEK IN REVIEW

## Game On! BREAKAWAY

School's out for the summer, but some Championship College kids are still working on a big project — a soccer-themed video game called *Breakaway* that debuted on Tuesday, June 22, during the World Cup. Championship students, faculty and staff spent 21 months developing the episode game, with support from the United Nations and the United Nations World Population Media Center.

*Breakaway* was created by youth players about teamwork and gender equality, and, by extension, to fight violence against women. Its target audience? Boys ages 10 to 16. According to a press release from Championship College, representatives from more than 50 countries have expressed interest in the free game. Communication director Samiul Hossain has signed on as a celebrity spokesperson.

In an email to supporters on Tuesday, Championship Media Center director Amy DeMulle announced that the first episode of *Breakaway* "will be ready to play by the end of the day." "You could say I believe in the power of play for learning," she wrote. "I believe *Breakaway* will push forward the boundaries where media can be mindfully designed for positive change." Check it out at [www.breakawaygame.com](http://www.breakawaygame.com).

## blogworthy last week...

SEVEN DAYS TV.COM/BLDG06



**PASSPOINT**  
NBC's *The 10th* plans to feature a costume with a high neckline and a high neckline, which is a good thing.



**NOT VIDEO A Lender**  
An interesting review of "Video Game" suggests that we might want to see more of it.



**NEW VIDEO**  
New video game, which is a good thing. It's a good thing.



**NEW VIDEO**  
New video game, which is a good thing. It's a good thing.



**NEW VIDEO**  
New video game, which is a good thing. It's a good thing.

## facing facts



### "FRODO BAGGINS" FINANCE

The third episode of the *Lord of the Rings* series, which is a good thing. It's a good thing.



### WILSON CHALLENGE

It's not a challenge, but it's a good thing. It's a good thing.



### GOOD NEWS

Good news, which is a good thing. It's a good thing.



### CELEBRATE

Celebrate, which is a good thing. It's a good thing.

16.77 lbs.

Turn the weight of the second heaviest prize winner from the *Lord of the Rings* series, which is a good thing. It's a good thing.



## TOP FIVE

TOP FIVE LIST

1. **"Last Days" by Suzanne Pleshette**  
This 1977 story about what people want to eat for their meals is a good thing. It's a good thing.
2. **"Family Ties" by Andy Berman**  
Suzanne Pleshette, who star of the first of our top five, is a good thing. It's a good thing.
3. **"Why Fido the Dog Could Still Be Dying in the Grassland" by Tony Tait**  
A new law that suggests to suggest that people might not be the best of all.
4. **"The Game" by Suzanne Pleshette**  
This 1977 story about what people want to eat for their meals is a good thing. It's a good thing.
5. **"Charlie's Life" by Suzanne Pleshette**  
Our top five, which is a good thing. It's a good thing.

**now we're following:**

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## BIG BROTHER IN BARRIE

As a small business owner and active citizen of Vermont, I find it frustrating to hear people like Barry Keener in *Fighting City Limits* (Barre) bragging off *Her Wins* (May 24). Whether or not he's failed to pay her rent on time or not should have no bearing if the landlord has never decided to take her for her arrest. I am not a person whose heart "bleeds" for all the chosen need of assistance, but this is without a doubt a situation of misadventure. I believe that the landlord and all of those involved from the city of Barre need to be held accountable. Had the woman's condition become worse as a result of the situation, we wouldn't be having this as a social conversation. I, for one, will be looking forward to hearing how the courts decide on this case. The courts now have to decide whether they want to take the easy route and side with Big Brother or the common sense.

Sam Smith  
DUNSTON

## JAZZ HATER?

I find interesting that Seven Days more columnist Dan Roloff declared the two weeks from June 2 to a "jazz free zone" ("Soundbites," June 2). How is that different from the other 50 weeks? I find very little of substance as jazz is the vehicle at any time (except maybe in a sound standing way). It seems to me that Seven Days should have at least one other more columnist-reporter with a different perspective so that everything isn't shared through the tastes of one individual.

Richard D'Tonne  
BURLINGTON

## "FIVE FINGER" FAN

Lessons I've had a great job of getting to the "not for everyone" aspect of Vibrona Photographs in a funny and breezy writing style ("Wokey Tango Roster: Which way those funny looking 'Five Fingers' should?" May 26). — and I forgive her for calling me a "nerd." I'm starting my second season in them, and I'd like to throw in a few pointers for those looking to live their first. The adjustment period is almost nothing — if you're a biker or hill runner. The roll demands when being upheld in you launch off your toes can probably keep your roll muscles from atrophying. Having my toes in individual pockets (turned out to be) a discomfort similar to the one that flip-flops have — and which, as you get flip-flops again, disappears quickly.

There are some seasonal changes. Your stride shortens, you become very aware of what's on the ground, your cadence quiets, and you naturally lean forward a bit. While your pace in the backcountry will slow due to more careful footing, I just ran a 10K on dirt

roads and had my running shoe go around several. It's all about remembering how to be barefoot all over again. I still use trail runners on backcountry trails and hiking boots with a heavy pack, but use the "Five Fingers" in the Green and White mountains as day trips on established trails.

As far as Blauger's warning that it requires "more work" for the muscles, that's somewhat misleading. That's like warning a car driver that walking is not for anyone because it places a lot more stress on the body than driving.

Daniel Zacher  
DANVILLE

## RADISH OR TURNIP?

While Someone Potholed did give an otherwise fun and accurate review of the *Barrehouse Tap & Grill* ("Taste Test," June 2), one did not see a mistake that I noticed re: naming. She said that her salad came with large chunks of turnip, which she found to be bitter and unpleasant. I also noticed that salad, and found it to be delicious. Those "turnips" were actually this spring's fresh radishes. Local radishes are not really ready this early in the growing season. And, while radishes are indeed sometimes bitter, I found more to be wonderfully fresh, sweet and with a subtle tartness that was a great addition to the salad. It was a creative way to use what was fresh and local.

Lauren Maxwell  
BURLINGTON

Producer responds: First off, while "radish" turnips have actually been available in Vermont since at least the first week of May. They are sweeter than many turnip varieties that run all year. According to Joel Davis of *Barrehouse Tap & Grill*: "There were nights we used turnips, there were nights we used radishes, and there were nights we used neither. It just says 'radishes' on the menu. We had a bunch of local turnips from Pete's Greenhouse that week, so my guess is that they were turnips. It's possible that everyone is right."

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on Working Smell!



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Nicole Noyes: Psychic Medium Readings  
(by appointment 15 minutes \$25)

Joan Gervase: "Wing Lining Oil: Samples & Demonstrations"

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FRIDAY 25, MONDAY 28 - WEDNESDAY 30

## The Circus of Life

Juggling, acrobats & escape artists were making the young *Circus Serenata* troupe prove pretty impressive talents. See the action during a display of physical feats in the annual Big Top Tour taking off under a massive tent in Greensboro and Essex this week. Run off with the circus.

SEE CALENDAR SPREADING ON PAGE 10

PHOTO BY JEFFREY M. HARRIS

1

2

SATURDAY 26 & SUNDAY 27

## One for the History Books

This year's Vermont History Expo will be more fun than a game of pig! — at least, that's what the festival's quick promises. Attendees know it's the place to be to brush up on state history, whether through more than 100 exhibits, an air-fortress parade or screenings of restored films on state history, culture, and more. A country music and local folk music round out the weekend.

SEE CALENDAR LISTING ON PAGE 10



3

TUESDAY 29

## Extra Spicy

Whiffs add to the fun of the year's folk and bluegrass rhythms. *La-33* may just spark an impromptu dance party in the Greensboro Green. The Super Valley event, the first of the village's four part summer music series, meets the Blue & American debut of the '70s. *Colander* band (it's probably wise to attend a concert at *Salvo Workshop*, just in case the birds show you a year's best.

SEE CALENDAR LISTING ON PAGE 10



# 7 SATURDAY 26 Eat It Up

A brand-spankin' new event finally fills the void left by the discontinued Green Mountain Drive Show Festival — and the bellies of local foodies! The **Burlington Wine & Food Festival** presents an array of more than 250 fine wines to be sampled during two separate tasting sessions, as well as over 100 restaurant exhibits under a food tent. *Check it!*

SEE CALENDAR LISTING ON PAGE 50

# FRIDAY 25 Fine-Tuning It

The **Johnson String Quartet** has been scooping up accolades and a 17-song through Worman this week to kick off the Rochester Chamber Music Society 10th season. Violist, Saxon Kim knows the area well: he grew up in the Champlain Valley and has played with the Vermont Youth and Vermont Symphony Orchestras. The chamber music group affirms a rich tradition of works by Mozart, Beethoven and Brahms.



SEE CALENDAR LISTING ON PAGE 50

# 5 ONGOING Natural Selection

Nature's survival "right" to live in the current form of **Avril Adams and Edward Bergsma's** Shelburne Museum exhibit, "Constructed Landscapes" captures the work of the renowned photographers, giving Adams' black-and-white portraits of serene yet desolate upland Vermont's large-scale color areas of soaring Unadilla Mountains. What's in a tree?

SEE ART REVIEW ON PAGE 30

# FRIDAY 25 Beasty Boys

There's something a little bit twisted about **Beast on Humans**, the new song cycle by pop-punk duo. The Brooklyn-based band's album, *Beast on Humans*, "breaks the code of propriety and escape that could soundtrack a hellbent film, but it also reveals just how self-aware and meta the band is." The band tells *The Morning News* this week: "Here's the point."

SEE "SOUND BYTES" ON PAGE 30



everything else...

MUSIC

PAGE 48

CALENDAR

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CLASSES

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ART

PAGE 30

MOVIES

PAGE 38

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FAIR GAME | Open waters on Vermont politics BY SHAY TOTTER



## The Political Climate

OPINION

"I'm not sure which is bigger issue. The fact that Republicans Lt. Gov. **FRANK BORDO** didn't believe in global warming, or the fact that he does now."

Last week Dube issued a published statement to the Vermont League of Conservation Voters to make it clear he believes climate change is caused at least in part by human beings.

Who put Dube on the hot seat?

According to **TODD BAILEY**, VLCV's executive director, Dube's response to a written question asking whether he believed in climate change forced one of the group's right-board members to repeat the query in a one-on-one interview.

The professional pilot responded by calling for better jet fuel that would make airplanes more energy efficient and lessen the impact of greenhouse gas emissions.

Dube's campaign manager **CERRY BORDO**, not in on the interview. His later president? "It was a long analogy, but I understood him to mean that he believed in climate change, and it's human caused." His role? "Fair Game!"

Dube loves long, sometimes off topic, analogies. He can talk round and round a point — the verbal equivalent of circling the airport before coming in for a landing.

VLCV's question, as written, was "Is climate change real?" Subtle, eh?

Dube's response: "On a September evening in 2006, I stood on a rooftop with one of the three commanding generals overlooking the city of Baghdad. The city was beautiful at night, but it was not peaceful. Syria," he said, "America has to declare its freedom from all that comes from dangerous parts of the world."

Dube said the general's words inspired him to return home and work toward a greater energy future by engaging students and faculty at the University of Vermont and many of Vermont's best-oriented environmental firms. Part of the "Green Valley" initiative Dube likes to tout.

When the campaign team saw the written answers published online, however, it wasn't so confident the message had been conveyed.

Bailey explains, "When the survey was published and we were reviewing the answers, we said, Man, that doesn't do a really good job of describing just how Lt. Gov. Dube feels on the issue."

Or, perhaps seeing his reply next to those of the five Democrats running for governor — all of whom unequivocally believe climate change is real — they said, "Oh, eh."

Within two days, Dube's campaign sent a supplemental response to VLVCV. That response, and the original, are both posted on the group's election website.

In his supplemental, Dube clearly states, "I believe that scientific data

**WE NEED A GOVERNOR WHO  
BELIEVES THAT CLIMATE CHANGE  
IS REAL EVERY YEAR,  
NOT JUST IN AN  
ELECTION YEAR.**

SENATE PRESIDENT PRO TEM  
PETER SHUMLIN

clearly show that climate change is real and, as a result of human behavior, the world is getting warmer. Carbon emissions are playing a large role in the warming of our planet."

You know who else shares this view? Roughly 98 percent of climate scientists, according to a new survey by the *Wag Climate Progress*.

Maybe it's the company Dube keeps? Read the conservative *Wag Vermont Tiger* often enough, and you'll think 98 percent of climate scientists believe global warming is a hoax.

The only Democrat to praise as Dube's guru — the lit-gen's first of the campaign — was Senate President Pro Tem **PETER SHUMLIN** (D-Windham).

"We need a governor who believes the climate change is real every year, not just on an election day," Shumlin said in a statement. "I worked hard to pass what Al Gore called the 'toughest climate change bill in the nation,' only to have the

Doug Dube administration veto it." Is Shumlin even something? Perhaps.

The VLVCV questionnaire wasn't the first time Dube declined a question on climate change. "Fair Game" has learned. In the spring of 2008, the lit-gen did an interview with *APRIL*, a newsletter published by the University of Vermont College of Engineering and Mathematical Sciences.

The interview, posted online, included this question: "Global warming is a hot topic. Can you share your thoughts on it?"

Dube replied: "In 2006 I was deployed to Iraq as an Air Force lieutenant. One night, I stood on a rooftop with one of three commanding generals. He said to me, 'America has to declare its freedom from all that comes from dangerous parts of the world.'"

Two more years of environmental degradation, including evidence of rapidly melting polar ice caps and severely changing weather patterns right here in Vermont, hasn't changed Dube's tune.

Could he come up with a better answer? Or at least a different one?

## How Green Is Your Valley?

Lt. Gov. Brian Dube talks about the "Green Valley Initiative" so often that one political observer — editor **JOHN HENNINGSEN** of the *Barreton Free Press* — suggested Dube should be dubbed the "Godfather of the Green Valley."

Getty slogans, but it's not accurate.

**PETER MURRAY** of Gatchett Environmental Equipment in Windsor coined the "Green Valley" term, an acronym for the Vermont Environmental Consortium. Murray helped found VLVCV and served as its first president.

VBC was created in 2001, two years after **CHUCK HENNINGSEN** sold a trade business in Terroin. The top gear local business owner's idea: "If they banded together, they might stand a better chance of leading on large, overseas environmental projects."

VLVCV's website defines the term "Green Valley" as a way to describe an economy based on a "thriving ecotourism, sustainable waterpower sector." In fact, it says the term "has been widely used to summarize this vision by leaders of all three political parties in Vermont."







# Peter Principled?

Shumlin's got the political mojo, but can he win Vermonters' trust?

BY ANDY BROMAGE



Five of the six may be almost indisputable on policy issues. But the man and woman competing to be the next governor of Vermont are vastly different people. And that and a slew of stories may better indicate how they'd govern than any number of speeches, videos and slogans. To that end, *Seven Days* reporter Andy Bromage has been getting to know the gubernatorial candidates at their jobs, in the homes and on the campaign trail. In the second of six profiles, he shines a light on Peter Shumlin, the savvy Senate leader and millionaire businessman who wants to be Vermont's CEO.

Lots of people were surprised last February when the Vermont Senate pushed through a vote against approving the state's aging nuclear power plant. Except, perhaps, those who knew something about gubernatorial candidate Peter Shumlin. Shumlin, the longtime Senate president pro tem, is from Putney, which is 18 miles from the Vermont Yankee plant. He made the historic vote happen, and that made him a target for business and labor leaders worried about lost jobs and rising energy prices. When Shumlin went on TV and fudged a fact about solar power, the union representing 160 endangered nuclear plant workers distributed literature calling him a liar.

Some politicians might shrink from that kind of criticism, but Shumlin seems to thrive on it. Appearing at a candidates' forum at the Vermont Business and Industry Expo last month—before a potentially hostile crowd—Shumlin defended the decision to pull the plug on the nuclear plant, using the blunt language that made him a hero to some and a villain to others.

"Let's stop the myth," Shumlin told business leaders, noting that the new power deal Yankee offered Vermonters was terrible. "Believing that plant is not going to get you cheap power. It's going to get you irritants, rebills and costs in the greenhouse of Windham County. It's going to get you a company you can't trust. And it's going to get you a future your kids will not be proud of."

Two weeks later, Shumlin went before the unusual electrical workers whose good-paying Vermont Yankee jobs are on the line. Shumlin said he felt their pain but stood by the vote.

Shumlin doesn't apologize for his legislative record as Senate president, nor for the harsh tactics he sometimes employs to get things done. In fact, that's how he differentiated himself from the two other picks seeking the Democratic nomination for governor: Sen. Dan Claitor and Sen. Ben Farkler, Secretary of State Bob Markey and Google executive (and former Vermont Senator) Matt Dumas.

"I have this reputation for being a little bit of a politician, for kicking horse doors down," says Shumlin, 54. "You want results, right? I can deliver."

Statehouse colleagues describe Shumlin as smart, ambitious and politically shrewd. Senator Claire Ayer (D-Addison) likes him to be a "chess player"—someone who thinks five steps ahead, partitions his pieces, and then strikes when the moment is right.

Gov. Shumlin look forward to "checkmate" in November? He won't speak ill of his Democratic rivals, but says he's most capable of beating Republican candidate Bruce Doolin, the popular lieutenant governor, because he is the Democrat who is "fiscally conservative and socially liberal."

In fact, Shumlin's record defies any categorization. He consistently votes as an A-ranking from the National Rifle

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Association for his support of gay rights, but he's the only candidate who publicly advocates decriminalizing marijuana.

Years before he chaired Vermont Yankee's demise — before reducing the leaks and firing executives turned him against it — Shumlin engineered a lucrative lawsuit for the nuclear plant.

"I was taking care of a constituent," he says matter-of-factly.

In 2008, Shumlin led the Senate to override two vetoes by Republican Gov. Jim Douglas: same-sex marriage and the state budget. The former endorsed Shumlin to pay rights activist

ret Jack Robinson and the national LGBT community — a huge fundraising opportunity.

The budget battle he won against \$60 million in new taxes on the wealthiest Vermonter while slashing taxes for the middle class. This year, Shumlin reversed course and compromised with the governor to roll back capital gains taxes while cutting services to the mentally ill and developmentally disabled.

How does he navigate the political waters so skillfully? Senator Tim Ashe (D/P Chittenden) has dubbed one of the president pro tem's persistent techniques the "Shumlin Blowjob."

Homework and service trips abroad for young adults, including those for National Geographic Student Expeditions. The company has grown to employ more than 200 people worldwide.

On his home turf, Shumlin seems less like a polished politician than a privileged Vermonter, extending a hand to his neighbors. Dressed casually as khaki shorts, a plaid button-down Oxford shirt and jogging shoes, he drives his Audi offroadly over the logging roads and grazing fields that cut through his sprawling 300-acre property.

He points out a small and a whiffing garden he has let friends set up, free of charge. He showed one local to build a home in the middle of his woods simply because, Shumlin says, "He always wanted to live in the woods." Shumlin bought a small dairy farm from a friend who could no longer afford it, rehired all the buildings and told the farmer he could step in for the price of the property taxes.

Shumlin also owns commercial real estate in Downtown Putney. And, like any politician worth his salt, he seems to know everybody in town — from farm to housing fields to business legend Curtis Tull — and never misses a chance for a two-minute helio. He comes off



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**KICKING BARN DOORS DOWN.**  
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SEN. PETER SHUMLIN

"When Peter grabs hold of your elbow, there's no hope for you," Ashe says. "He's so damn smart and charming that, while he's got you in the grip, or anything he says is completely upgradeable and scalable."

It will be up to voters to decide whether that quality makes this candidate who can "get tough things done," as Shumlin claims, or too aggressive and slick to win over the average Vermonter.

When he's not at the Statehouse, Shumlin spends his days in a converted dairy barn next to his childhood home. That's where he and his brother run Putney Student Travel, the family business started by their parents that organizes

in generous and caring a country boy who, as Shumlin says, "would rather be spreading manure than wearing a suit in Milwaukee."

Shumlin has the lanky frame of an avid runner and cross-country skier. And he's got a good sense of humor about his most prominent feature: a large, hooked nose. One "Shumlin for Governor" sign is a crude outline of the candidate's distinctive profile. At home and in the Statehouse, he seems at ease in his own skin.

Shumlin has a way of making other people comfortable, too. "When you're talking to Peter Shumlin, he makes you feel like you're the only person in the room," says Kevin Ellis, a Montpelier-

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## LOCALmatters

hood lobbyist who spent a decade observing blunders of the Statehouse. "That's a moral fail – that you can't teach, and that's really good at it, so was [Bill] Cloninger."

Also like the former president, Shumlin's people skills appear to be compatible with his extroverted desire. The self-described workaholic spends weekdays about four hours a night. The wealthiest candidate in the governor's race, he reported about \$1 million in income as his 2002 net worth.

Shumlin was born on March 24, 1956, the middle of three children, on the Putney dairy farm where he still lives today. As a child, he was diagnosed with dyslexia, which he says caused him to work "twice as hard" as his peers to get what he wanted.

He graduated from Wesleyan University in 1979, where he majored

in biology. As Democratic candidate farmers, he answers questions there sagely and specifically.

Shumlin says he wants to dramatically change how Vermonters think about health care, economic development, agriculture and technology. As with his rivals, most of his ideas have a single, common thread: creativity.

Shumlin envisions a Vermont universal health care system where insurance follows the individual rather than being the employer's responsibility – a change he predicts will unleash "a wave" of new jobs. "We've never seen one."

On technology, Shumlin pledges to be "the George Allen of broadband," a reference to the former Vermont governor and U.S. senator who brought electricity to rural Vermont. Shumlin says he can bring high-speed Internet to the "last mile" of every Vermont street by

## HE IS MUCH MORE SIMILAR TO ELECTED OFFICIALS IN BIGGER STATES WHERE POLITICAL ELBOWS TEND TO BE A LOT SHARPER.

PAUL BURNS, VERMONT PUBLIC INTEREST RESEARCH GROUP

in English literature and government. Shumlin moved back home when he was 24 and served on the Putney select board before being appointed by then Gov. Madeleine Kunin to a vacant seat on the Vermont House of Representatives. After three years as a state rep, in 1992 he won election to the Senate and served 10 years – eight of them as the president pro tempore, the chamber's chamber leader.

Shumlin says he went to the Statehouse intending to please everyone. "I had a tendency to tell people what they wanted to hear," he recalls. "I changed my style pretty quickly."

In 1992, Shumlin ran for lieutenant governor and lost to Dubay, who won 41 percent in a three-way race with Progressive Action Pollster. Shumlin returned to private life for four years, but was reelected to the Senate in 1996 and, once again, his colleague made him disappointed.

He and his wife, Deborah Holway Shumlin, separated about a year ago. They have two daughters: Olivia, 18, and Rebecca, 15.

On the stump, Shumlin is a sound bite man. He speaks of bringing public use vehicles with "open fuel." He says the next governor needs to act like the head of a Thanksgiving table – someone who can "keep a food fight from breaking out."

But Shumlin backs his "stare" with

2013, and that doing so would have new businesses here.

Climate change is a big issue for Shumlin. He predicts a jobs boom in any state that embraces renewable energy technology, and says Vermont "can get a piece of that action." He wants the University of Vermont to create a degree program in climate change – merging science, meteorology, business and engineering – that would be the first in the nation.

Born Vermont agriculture has a bright future in what Shumlin calls "the climate change economy." Weather weather will keep Vermont a viable food growing state in traditional food belt states such as California continue to suffer from prolonged droughts.

"We will be growing food for America again," Shumlin says. "That's the kind of vision we haven't had in government for a while."

Like his rivals, Shumlin isn't sure how he would pay for all his initiatives, but says he wouldn't raise taxes to bail out the banks.

**P**olitics isn't Shumlin's problem. His dilemma? A Massachusetts Register poll from March 18 revealed Shumlin has the highest "negative" of any candidate in the governor's race, 45 percent of respondents said they have a "negative opinion" of him, or "very unfavorable" opinion of him. Is an unfavorable seven days away from becoming a



last winter, Shumlin received more votes than any of his colleagues in the "most ethically challenged" category.

Senator Dick McCormack (D-Windham), who's supporting Raine for governor, praises Shumlin's liberal record on issues that calls his leadership style "subversive." McCormack says Shumlin "tends to appear as a crowd" at his discretion, "from which disarming senators can find themselves 'enriched'." Asked whether Shumlin is a good for his word, McCormack hedges.

"Just make sure you've posed every word," he says. "The promise he makes may not be the promise you thought he made. There were times when I did not read the fine print. I won't make that mistake again."

Senator Dick Morris (D-Grand Isle), a veteran lawmaker who was first elected in 1984, felt burned by Shumlin this year when the Senate president pro tem and the House speaker decided lawmakers would take a 2 percent pay cut without first discussing it with the rank and file.

"That caught a lot of people off guard," says Morris, who learned of the pay cut from a reporter. "He should have had a caucus first so we're all prepared to answer the questions."

Others, however, suggest the unusual tap is unusual and unfair. Paul Burns, executive director of the Vermont Public Interest Research Group, says Shumlin is "more of a political animal than his peers" and that his killer political instinct can be misinterpreted as dishonesty.

"He is much more similar to elected officials in bigger states where political alliances tend to be a lot sharper," Burns says. "In the way that Tip O'Neill and [then-President] Ronald Reagan supposedly would get together after a very contentious debate in Congress and have a beer, Shumlin is a little bit more of that ilk. Some people think of that as being unprincipled or too political."

Shumlin says his campaign's internal polling shows negative perceptions are "not an issue," though he refuses to share the results. He also notes the job of Senate president, by its nature, makes you a magnet for criticism from disgruntled lawmakers, especially when you force them to vote on controversial issues such as same-sex marriage and nuclear power.

"Do you know how many bills I've had to kill? How many bad ideas I've had to stamp out?" he asks. "If I'm okay and dishonest, why have my colleagues elected me five times to be their leader? I'm good at what I do and I don't apologize for it."

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## Vermont Playwright Crafts a Parable to Promote His Film

BY HARGOT HARRISON

On a recent Thursday morning in the Plympton, Burlington playwright JAMES LANTZ is talking about a quest egg.

"So, for just a moment," he says, "I want you to imagine that this is one of the characters in our movie — just for now, this is a going woman who's an artist." He places the first speck led egg — purchased in a carton from Healthy Living — gently in a bird's nest. "And this is another character — a homeless boy who aspires to be an artist." Lantz stores the second egg and produces a third. "And maybe, if you're an artist or have the soul of an artist — this is you."

Hearing above Lantz in the mostly dark room is a Panasonic HD digital camera on a long jig. Director of photography PETER BART, while holding it, says the tale looks good. Sound man SAM

KICKSTARTER asks to record a few seconds of the room's ambient sound.

With a crew of five and cast members still to come, this looks like a small — that is, Vermont-sized — scene shoot. But Lantz is actually making a promise for a film that doesn't yet exist. *Ride Fast*, a dramatic feature he's scripted and hopes to direct later this year. The clip he and the crew are making today is designed to attract cash to the film project via Kickstart.com.

Kickstart.com is an online "funding platform" where people can pledge their dollars to support creative projects; money leaves the sponsor's account only if and when the project meets its pledge goal on schedule. The company has already had one big success story: *Twelve*, a social-networking system, intended by "Rox Woods Against Facebook" — as the New York Times put it — quickly drew more than \$100,000 in pledges.



AS A WOMAN'S HAND APPEARS AND STARTS SAWING AT THE ROPE WITH A KNIFE, LANTZ SUGGESTS WE IMAGINE THAT "THIS IS ANY RAND."

Photo: Lantz and Peter Bart

Lantz plans to set a goal for that same help, he says. But the Kickstart dollars will be only a piece of the funding for *Ride Fast*, which he's budgeted at about \$100,000. The rest he hopes to get from investors. Model of three-cent

PARTIAL effort, in which the state determined that millions of dollars lent to the Addison filmmaker were unreciprocated

services, Lantz has set up an LLC and filed a lot of the required paperwork warning potential investors that independent filmmaking is "very risky" proposition, he says.

Of course, so is all art. The *Ride Fast* promo becomes a graphic allegory of these risks when the camera pings back to reveal a sizable rock jutting

## An Academic Mod Squad Ponders Preserving Midcentury Buildings

BY HARGOT HARRISON

This year, PRESERVATION BUILDINGS' mental homes tour takes walkers to five midcentury-modern dwellings. That may come as a surprise to people who still think of concrete facades and windowed windows as "new."

"A lot of people when they think of a historical building they think of a Victorian house," says DEAN COLMAN, a historic buildings specialist at the VERMONT DIVISION OF HISTORIC PRESERVATION. "It has to be big, it has to be old. It has to be fancy. All those factors are the opposite of midcentury design."

But, while they're certainly modernist, most buildings in the "modern" style "are 50 or older," says Colman. Not only are they aging, but, with their expanses of single-pane glass and unadorned walls, few of them meet current standards of energy efficiency.

Preserving those buildings is the focus of an all-day symposium at the University of Vermont on Friday, the day before the tour. Colman, who organized

it, says the speakers will spend the first half of the day discussing why modernist buildings should be saved and the second half addressing how. "In the '50s," he notes, "the cost of energy was not a concern." The problem is "how to make the building more efficient without destroying its historical integrity."

Not so long ago, perhaps, many Americans would have been happy to embrace erasite older styles and let stark modern buildings decay. But Colman says the tide is turning against the equation of "modern" with "ugly." Does that have something to do with the success of "Mad Men"? Sort of, says Colman. "It's really a generational shift." Popular culture has embraced the mid-century aesthetic, he points out. "In our communities, one out of 10 of them, the car is driving past a sleek, modernist house."

Still, modernist architecture in Vermont? When he mentions his field of expertise to locals, says Colman, "I get a blank look. Like, 'What, two buildings?' But," he says, "it's all over the state; it

just hasn't been identified and recognized yet."

One person who's working on changing that is GAVIN ANDRES, a Middlebury professor of the history of art and architecture who'll speak at the symposium. He's been working for the past 15 years on the Vermont initiative of the Society of Architectural Historians' *Buildings of the United States* series. One of the project's challenges, Andres writes in an email, "was identifying significant buildings of the past 50 years (which do not appear in historic inventories because of their young age)." But, when he did begin to survey local modernist buildings, Andres became "proudly aware of [their] vulnerability."

So, where are Burlington's modernist treasures? You'll have to go on Saturday's tour to learn their addresses, though Colman adds that "two were designed by [Vermont architect] MARION SEAGRAM" and two they and his Frank Lloyd Wright style. While these are residences, Andres offers a list of some

public modernist structures, including ST. JAMES'S CHURCH, ST. PETER'S CATHEDRAL, CATHEDRAL OF THE IMMACULATE CONCEPTION and the CHRISTIAN BARRACKS in Burlington, and campus buildings at Burlington, Goddard and Putney.

Then there's the Preservation Buildings tour's home base on Shelburne Road, a structure so familiar to Burlingtonians they probably don't look at it twice. The former gas station became The Spot Colman calls the cafe's striking triangular canopy "classic

**i** Temporary "Modernist Architecture" James of the Preservation Buildings Library Friday June 25 7:30 am to 5:30 pm at the University of Vermont 100 Hall, Burlington 5800. Call 802 273-2728 [www.vermont.gov/modern](http://www.vermont.gov/modern)

Preservation Buildings Homes Tour Saturday June 26 noon-4 pm 1500 Route 100 at the Open Center this Office at [www.burlington.org](http://www.burlington.org)



by a rope above the seat and its single occupant.

Contrasting with his script, Lantz proposes we see the risk as representing the young artist's husband, an economics professor. Or maybe it's the "hard and cold reality" of economics itself. As a woman's hand appears and starts sawing at the rope with a knife, he suggests we imagine that "This is Amy Road."

That's not a random allusion — the famous founder of Objectivism, who was known for championing the "hard and cold reality" of the marketplace, actually appears in *Made For Play* by local actress RUTH WALLMAN, long dead Road will pop up in the present day story much as "Elector takes historical figures — and places them in current dramas," says Lantz. He's no fan of Road's ideas, he notes, but finds the Russian émigré's language and persona fascinating. "Every once in a while he's correct."

Most locals know Lantz, 46, for his own theater work. His plays *American Machine* and *The Bar* both premiered at the PlaySpace. But before he moved to

Burlington to raise a family and teach at the COMMUNITY COLLEGE OF VERMONT, Lantz worked in New York's commercial film industry. "One dream I had never fulfilled was making a feature film," he says. With his kids older, Lantz "felt the itch" to get back behind the camera.

In the afternoon, NEWMARKET EMPLOYMENT OFFICEHOLDER PETER DUNLOP shows up at the PlaySpace to record a solo for the piano, then costume designer WALLMAN, CRAN, MANAUGH and TARTIN MELLE join Lantz to make a collective plot for open savings. Most Kickstarter video pitch as are nowhere near this elaborate, Lantz says, but he wanted to make "something polished and sharp."

Will the Road rock smash the creative egg? Lantz isn't sure when the process will be ready to go live, but watch this space for news about the film — where odd bits, by the way, comes from a call once used to start games of hide-and-seek. ☺

 More info: [facebook.com/arc](http://facebook.com/arc)

## MODERNIST ARCHITECTURE IS ALL OVER THE STATE, IT JUST HASN'T BEEN IDENTIFIED AND RECOGNIZED YET.

DEVIN COLMAN, VT DIVISION FOR HISTORIC PRESERVATION



modern design

When the gas station closed, he worried that "we've gonna lose it," he recalls — which is why the appearance of The Spot, with its appropriately 1960sish

savory theme, strikes Colman as a good omen for mod in Burlington. "It shows that these buildings can be reused," he says. ☺

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Dear Cecil,  
I recently read an article about a Navy SEAL sniper. The author lists possible variables that go into determining a shot — one of which is the rotation of the Earth. How exactly does the earth affect a bullet in flight? Also, for my sniper purposes does it affect my gun recoil?

Joan Sacramento

Took a while to get to the bottom of this. But, of course, we did.

The article I'm guessing you saw, entitled "The Way of the Sniper" appeared in *Men's Journal*, November 18, 2000. Written by Rick Ylander, it tells the story of Navy sniper Scott Tyler Ylander's war.

Each rifle a sniper uses has unique characteristics that are compounded by the atmosphere and many, many other factors. There is wind. There is humidity. There is the spin of the Earth. There is even the fact that as a rifle is fired, its hand heats up, the metal contracts, and the bullet gets an propelled force!

Reading this, your columnist didn't doubt the rotation of the Earth affects a bullet in flight. That's because of the Coriolis effect discussed here in the past. Any object moving horizontally on or near the Earth's surface is deflected slightly off course due to the spinning of the planet beneath it. The Coriolis effect has a big effect on phenomena like hurricanes and other weather systems, a small effect on small



BY CECIL ADAMS

At 100 yards, typical of what a police sharpshooter might encounter, most atmospheric factors, including the Coriolis effect, are negligible. But military snipers generally are much further away, typically 400 yards and up — the current world record for a confirmed kill is a combat in 1400 meters, or roughly 15 miles.

At 1000 yards the Coriolis deflection is small but not necessarily trivial. One computed that at the latitude of Sacramento, a bullet traveling 2000 yards would be deflected about three inches to the right. In addition, because gravity pulls the bullet down as it flies, you'd have to aim higher or lower depending on the degree to which you were facing east or west. If you were firing due east, you'd have to aim an inches lower, since the Earth is rotating toward you, meaning your target would be slightly closer by the time the bullet arrived. If you were firing due west, you'd have to aim an inches higher.

Another big range shooter can improve their aim using laser rangefinders and scopes with bullet drop compensation; they'll also consult "ballistics charts" of bullet and rifle performance and their own log of past results, called a DOPR ("Data on personal equipment") book. Military snipers may not always have access to such data for comfort

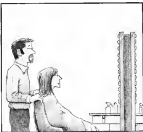
but it's like if it's given that, one way or another, you can adjust for almost environmental factors in the field — no doubt the best shooters do so instinctively.

- Horizontal deflection caused by the Coriolis effect is more serious, but in this case it's easy to adjust for, since it's a function of your distance from the equator. When possible, try checking whether your professional or amateur status as a few shots on accuracy at a new location and breaks his or her sights accordingly. Mostly this is to correct for misadjustments due to pointing in toward and such, but also compensation for the Coriolis effect.
- As we've seen, vertical deflection depends on,

and on very considerably according to, what direction you're shooting. Nonetheless, none of the amateur shooters we heard from were off much at all; it, and my guess is military snipers don't, either. More important things can go wrong and, besides, assuming your target is standing, what's a couple inches up or down?

Tearing new to your windy rifle's concerns, don't wait the Coriolis effect on your big mileage. In Sacramento, the rotation of the Earth causes your car to drift about 1/2 foot to the right per mile. That may be in case of your's handling down a narrow two-lane, but converting for it costs you less than a handful of a mile per gallon.

## BLISS BY HARRY BLISS



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**Y**ou're strolling down the Burlington waterfront recreation path on a breezy summer afternoon. The sun is glinting off the lake, the Adirondacks seem to shimmer in the distance, and the air smells of ... pineapples, or cork, what is that?

The odor that hits you is vaguely sweet but not like the scent of lilacs or the lilies that line the path. No flower would smell so foul.

It's not that the entire waterfront path reeks. Were that the case, it wouldn't be nearly as crowded as it is in the three weeks of decent weather we get during a Vermont summer. The male demographics centers on just one section of the waterfront—the ribbon of paved path between Perkins Pier and the bridge canal.

For sailing as I love to do in Burlington and used the rec path, I have wondered WTF was up with that reek odor. It smells like a combination of oranges, dragonbreath perfume and a Dumpster on a hot day. Which is almost exactly what it is, according to Tim Grover, chief operator of two of the city's three wastewater treatment plants.

The tang, Grover tells me, is called VaporStink, a "sewer pheromone neutralizer" which is designed to do exactly what it sounds like — neutralize odors. It's like a massive Glade Plug-In for wastewater treatment plants.

The VaporStink product is a citrus-based oil made by a company outside Syracuse, Pa. The products fact sheet says its use to treat "fugitive odorous odor emissions." I know a few people who could use some of that.

To mitigate the stink, the city runs machines that release VaporStink into the air through ports of the facility. The



## WHISKEY TANGO FOXTROT

We just had to ask...

**What's with the citrusy stink on the Burlington waterfront?**

BY LAUREN OBER

neutralizing mist hangs over the smelly stuff, preventing odors from escaping into the wider world.

To understand exactly why VaporStink is necessary (as if it wasn't completely obvious at the start), I ask Grover to give me the nitty-titty tour of the facility. He's used to such requests — he regularly leads penguins of goggling school children through the plant. ("Kids, this is where your poop goes. Yes, Johnny, that's a condom.")

Before the tour begins, I learn that the main treatment plant on the waterfront processes the city's raw sewage and storm water, from Burlington High School in the north to the south end of town. In a day, the plant can process up to four million gallons of wastewater.

As we head toward the screening room, Grover offers a disclaimer: "This isn't the Ben & Jerry's tour," he says with a smirk. Inside the screening room — the first step in the wastewater's journey to become effluent — are giant combs that remove large debris from the water. That debris, Grover says, can be anything from grass clippings and leaves to "sewerage snakes."

To contain the stink in the screening room, as well as in some of the other plant buildings, the city uses a coconut-based activated carbon system made by Colgen. It works to reduce the odor but does not completely mask it. Nor does Grover would rather He's worked in a wastewater treatment since the early 1980s, so he's used to the plant's unique bouquet.

From the screening room, the water flows into the pump station and then on to the grit removal process, in which dirt and stones are eliminated. "Basically, we're making for grit," Grover jokes.

This is the point in the tour, he notes,

where schoolchildren would be clutching their shirts around their mouths and noses. I am proud I have held out this long, though I've been holding my breath for about eight minutes.

The grit removal room is hot and sticky. When I leave it, I feel like I'm wearing garbage socks. But that is an essential step in the process. It separates what is going to be turned into landfill from sludge from what is returning to the ocean.

We move through the primary clarifier room and outside to the aeration tanks — the heart and soul of the process, Grover says. Here, the wastewater is treated with "baggies" — microscopic organisms such as protozoa — and oxygen to convert organic material (poop) into a living sludge biomass.

These aeration tanks are the reason VaporStink is used. As the water churns and swirls and the bugs do their thing, a fine mist is sprayed over the tanks to suppress the fumes. During the summer, Grover says, the plant crew cranks up the VaporStink so as not to overwhelm the receding public.

Once the wastewater has been treated for six to eight hours, it heads through more clarifiers and supernatants. There are 10 steps in all. At the end, the treated water is sent through a tube a half mile offshore, where it slowly mixes with lake water. Eventually, lake water becomes drinking water, and thus the process begins anew. ☺

**i** Interviewed a challenging local insider

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**Keywords:** *Self-esteem, self-esteem threat, self-esteem threat effects, self-esteem threat effects on self-esteem, self-esteem threat effects on self-esteem, self-esteem threat effects on self-esteem*

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# SEVEN DAYSIES

## 2010 GUIDE TO READERS' PICKS

### Time to Pick the Daysies Again!

Hard to believe, this is our eighth annual best-of-readers survey! When does the time go? You'll find a few new categories here along with most of the golden slices. And once again, we'll be giving Daysie awards to winners inside and outside Chittenden County to those critics with enough votes to warrant it. We can't change the fact that Chittenden is the most populous county—and that has the most voters—but Seven Days' circulation area is still spreading, and we'd like to acknowledge "bests" all over the state.

One big change since we did this last year: the size of the paper. Previously we included blanks for your answers. This time, we're really hoping you'll use the online form, which you can access at [www.sevendaysvt.com](http://www.sevendaysvt.com). This will save your pals at Seven Days from a tedious night of counting—though we do enjoy the parts and beer part.

If you don't have access to a computer, feel free to write your number answers on a separate piece of paper, clip it to this ballot and send it to **Seven Days, P.O. Box 1184, Burlington VT 05402**. Please write legibly and be explicit—if we can't understand your answer, it won't count.

Have fun supporting your local bodies, and look for the results in our special Daysies issue on August 4.

#### Rules:

- Voters should fill out **ONLY ONE** ballot, whether online or on paper. Evidence of ballot duplication (don't think we can't tell) will result in all these ballots being disqualified.
- Voters must fill out at least **50 answers** for it to be counted.
- Play the Daysie candidates! Campaigning to win is OK, but no bribes or rewards for votes, please! Evidence of this will result in disqualification, not to mention bad karma.

**ALL BALLOTS MUST BE RECEIVED BY FRIDAY, JUNE 25, 2010, at 5 P.M.**

### About You

1. Your age range: Under 18 18-25  
26-34 35-44 45-54 55-64 65+

2. Your gender: Female Male Other

3. Town of residence

### Best: Food & Drink

4. Place to have dinner anytime

5. Special-occasion restaurant

6. Asian restaurant

7. Ethnic cuisine (non-Asian)

8. Family-friendly restaurant

9. Vegetarian fare

10. Breakfast/brunch

11. Lunch

12. Late-night snacks

13. Pizza (restaurant)

14. Pizza (delivery)

15. Burger

16. Kneipub

17. Vermont recreationery

18. Bar

19. Apertivo

20. Coffee/teahouse

21. Bakery

22. Street eats

23. Natural-foods market

24. Vermont food product

25. Wine cellar



## Best: Arts, Entertainment & Recreation

- |                             |                                |
|-----------------------------|--------------------------------|
| 28. Live-music venue        | 38. Movie theater              |
| 27. Local-music hotspot     | 42. Museum                     |
| 28. Place to dance          | 41. Festival                   |
| 28. Instrumentalist, male   | 42. Outdoor concert series     |
| 30. Instrumentalist, female | 43. Fiction writer             |
| 30. Vocalist, male          | 44. Theater company            |
| 32. Vocalist, female        | 45. Performing-arts venue      |
| 33. New Vermont band        | 46. Recreation area            |
| 34. Up-and-coming performer | 47. Public golf course         |
| 38. Club DJ                 | 48. Snow slope                 |
| 38. Visual artist           | 48. Cross-country ski area     |
| 37. Art gallery             | 50. Weekend getaway in Vermont |
| 38. Vermont craft gallery   | 51. Place to take kids         |

## Best: Media

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 52. Print/web journalist        | 57. Local radio DJ              |
| 53. Publication                 | 58. Radio station               |
| 54. TV newscast                 | 59. Vermont blog (political)    |
| 55. Meteorologist               | 60. Vermont blog (nonpolitical) |
| 56. Cable/satellite TV provider | 61. Vermont Twitter feed        |

## Best: Services & Stuff

- |                                 |                               |
|---------------------------------|-------------------------------|
| 62. Women's casual clothing     | 84. Internet service provider |
| 63. Women's evening wear        | 85. Web developer             |
| 64. Men's clothing              | 86. Stroller                  |
| 65. Shoe store                  | 87. Bridal shop               |
| 66. Vintage/secondhand clothing | 88. Vermont wedding venue     |
| 67. Children's clothing         | 89. Florist                   |
| 68. Eyeglasses                  | 90. Outdoor outfitter         |
| 68. Local jewelry designer      | 91. Bike shop                 |
| 70. Jewelry store               | 92. Auto dealer               |
| 71. Beauty-product purveyor     | 93. Real-estate agency        |
| 72. Pet store                   | 94. Garden center             |
| 73. Musical instrument store    | 95. Green Vermont business    |
| 74. Record store                | 96. Place to do your banking  |
| 75. Bookstore                   | 97. Place to buy a pipe       |
| 76. Housewares store            | 98. Adult toy store           |
| 77. Furniture store             | 99. Hair salon                |
| 78. Antique/secondhand store    | 100. Place to get body art    |
| 78. Lighting store              | 101. Yoga studio              |
| 80. Place to buy wedding gifts  | 102. Health club              |
| 81. Photo shop                  | 103. Vermont spa              |
| 82. Computer store              | 104. Manicure/pedicure        |
| 83. Place to rent a movie       | 105. Vermont business         |

**Vote online at [sevendaysvt.com](http://sevendaysvt.com)**

Mail your Daysies picks to Seven Days, P.O. Box 1164, Burlington, VT 05402.





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**POL/PSY** | On the public uses and abuses of emotion

BY JUDITH LEVINE

# Deepwater Delusions

**A**mong the many and varied critics of Obama's handling of the BP catastrophe is that he has failed to show enough emotion.

But what emotion should he show? Eighty-seven percent of respondents to an Associated Press/Uffolk poll last week said voters in the Gulf were personally very important to them, making only the economy in second. The environment, according to the poll, is now very important to almost three quarters of those surveyed, a big jump from the previous month.

But what do they feel? There's not much evidence of the grief and rage that followed the attacks of 9/11, the terror we experienced watching Three Mile Island threaten to blow, the bookshelves and shelves that Hurricane Katrina, and Bush's (or is it, cheap response, elicited.

President Obama, to be sure, is displaying angry disappointment. We should expect this by now. No longer the feisty new Candidate Barack, who would be wearing his heart on his sleeve, while alone, he is now a hyper-masculine commander in chief. He has no time to cry over our problems, he wants to fix them. Conservatism on both the left and right are denying the realness and magnitude of his loss this time. But really — what can he do? Nothing. Maybe that's what he was telling us when he ended his Oval Office address with a final prayer.

If our emotional reaction to the death of an entire ecosystem is subdued, one reason is that we cannot see what is happening. Refusing to recognize that BP, with the help of local and federal officials, is blocking the press from surveying public beaches and marshes to report on the damage wreaked by the Deepwater Horizon blowout. In late May a boat carrying BP contractors and Coast Guard officials showed tourists a CBS news crew that was trying to film an oil-soaked beach in Louisiana. Also in Louisiana, local dispatch kept new sailors from reaching the *Wigner's Island Wildlife Refuge*. "BP is always because it's BP's oil," a company representative

told a *Mother Jones* reporter in the group.

The night before a scheduled trip with journalists to survey the shoreline, Florida Democratic Senator Bill Nelson received a call at his office from the Department of Homeland Security informing him that no media would be allowed. News organizations compare the situation to that in Iraq, where a select

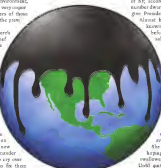
are not representatives but distractions. They hardly look like distractions. Multicolored, with lily, they are almost beautiful. If BP ground any losses from the Exxon Valdez spill, it is that pictures of oil-drunked creatures and despoiled coastline move people to defend nature — and despite oil companies.

That intensity is how rare. Eighty-three percent of Americans disapprove of BP, according to another poll, the number dwarfs the hefty 51 percent who go- President Obama's fishing guide. Almost half believe the company knowingly adulterated the law before the blowup, for profit's sake.

There is anger — and what else? Are volunteers streaming south? Are fundraising parties being organized? Or are we looking the other way? One friend, an active public critic, says he is confused by his own reluctance to move south much, the spill feels far away. Another, a news person of the first order, says she's avoiding the story altogether. The wonders of fate is secretly keeping the entire South will be realigned to black goo.

Gulf quite recently, the press has kept the story local. I think journalists are excited by the localness — the rough faces of the riggers and fishermen whose mouths produce a word garden of this, but they risk the tag that is increasingly rare is a homogenized culture. Everyone jumped on BP's Swedish born chairman, Carl-Henric Ivarsson, when he referred to the fella his company allegedly cares about using some local-franchise Swedish phrase that received an unfortunate translation: "the small people." But, purtroppo the Gulf's "non-swing lifestyle" the media also give as its definition in quotes, exotic — a small, faraway point of culture, not of this century or even, maybe, of the nation.

Those who speak for the Gulf's residents aren't doing much better to disabuse us of the imagination of their hellholes. Following Obama's speech, a Louisiana parish president interviewed on National Public Radio ended up for the rights of the oil companies to make



**MAYBE WE CANNOT  
FULLY FEEL THE TRAGEDY  
OF THE GULF BECAUSE  
WE CANNOT  
COUNTEenance WHAT  
WE ARE WITNESSING.**

few reporters are "embedded" along with official handlers who control what they see and tell the public.

What are we allowed to see? A nearby videotape of something gushing into something else. Photos of dark blotches floating in slightly low dark waves, sometimes punctuated by a shot of unknown size. Taken from aloft, these







# Gun Run

An aerobic achiever shoots for a new goal: Snow-free biathlon

BY SARAH TUFF

Cross-country skiers have stamina, endurance, performance in endurance sports. And as a runner, I've come to depend on my running cap (or three) before leaving my snakeskin fur on a Monday evening in Jericho, I'm grateful that even though I'm about to embark on a run, my last cap-of-java was hours ago.

That's because I'm holding a .22 caliber rifle. Loaded. With bullets that could definitely do some harm, according to John Madigan of the Ethan Allen Biathlon Club. "It's lethal, but safe," Madigan says, warning me that his club hasn't had any accidents in the dozen years he's been there. "Well," he promises. "Maybe a little road rash from falling while caring."

Thanks to the Vancouver Olympics, and the recent Biathlon World Cup success of Lake Placid-area native Tim Burke, more Americans are getting fed up about biathlon — specifically winter biathlon, wherein elite athletes alternate cross-country skiing and shooting. But here at the Ethan Allen Spring Range in Jericho, trigger-hungry fitness buffs train and compete all summer long. Instead of gliding over the snow, they

run or roller-ski over asphalt and trails in between blasting bullets at a target.

And now almost anyone can join the fray: A summer race series that has drawn about 25 participants for the past few years aims to introduce biathlon to beginners, too, with a novice course that runs for an hour before the actual competition.

The race series is scheduled for Thursdays in July and August, but thanks to some twice-weekly training sessions in June, I've had to try on the sport for a while. The serene summer scene may look like part of a resort, but I later learn this place has serious cred: The Ethan Allen Spring Range, which has one of only three internationally licensed biathlon courses in the U.S., helped Vermont pioneer the sport in the '70s. Membership in the Ethan Allen Biathlon Club, which includes access to rifle range thousands of dollars, costs just \$50 per year. The club uses the range as a guest of the National Guard.

Joining us are fellow newbie biathletes Nancy Henning of Shoreline Health & Fitness and personal trainer Charles Adams, who reveals that she has some solid target-practice experience.

Unlike Adams, I've held a gun about

three times in my life, but Madigan doesn't seem concerned. He goes over the basics that he promises to any rifle rookie who shows up in July or August, demonstrating how to align the rifle's sight with the targets — five 4.5-inch holes about 55 yards away. He also reminds us to point the gun either up in the air or down the range, not at each other or him, and to keep the bolt open when we're not firing.

Looking around at some of the male "novice" biathletes hitting target after target, I'm dubious about my own knowledge, but Madigan has some encouraging words for those of us wearing spandex leotards. "Women, if anything, are better than men," he says, adding that 30 to 60 percent of the summer race winners are female. "Overall, they have higher percentages of success."

After learning how to load the bullets into a clip and to squeeze the trigger (gently), I fit on my stomach on a black mat to try a practice round on the target station. In biathlon — summer and winter — athletes shoot either from the prone position (or even smaller targets, 1.8 inches in diameter) or from a standing position, either the 4.5-inch targets. Right now, I'm happy to be lying down,



the rifle feels surprisingly heavy, and the targets look strangely and wobbly. But I steady myself and manage to shoot five of the five targets, hearing a satisfying thump as a paddle flips up to cover each successfully shot target.

After receiving a few high-fives from my fellow marksmen, I'm thinking, Not bad. That is, until I run.

In the summer biathlon series, runners run a lap of about one mile, shoot, race another lap, shoot again, and then race a final lap. If they miss a shot, they have to run a small penalty loop near the rifle range. The whole thing is tried to produce a winner.

My run through the woods is nearly as fun as the shooting, thanks to the biathlon setting at the 1,000-acre Camp Ethan Allen Training Site in the foothills of the Green Mountains. A gentle breeze rustles the trees, and the air holds the scent of pine, while the strains of "The Pilsa Club's Song" float from the biathlon club's speaker. Should never know we were on a U.S.-government-owned troop training site.

When I barrel into the target area, though, I'm a man. The challenge of biathlon is valuing yourself enough to shoot straight while your pulse is racing wildly — the sport has been compared to throwing a needle after sprinting up several flights of stairs. A heavy lethal needle.

Really able to catch my breath, I lie down and position my rifle, but I can't even find my targets, let alone shoot at them. "It's not unusual in a race for somebody to shoot somebody else's targets," says Madigan. "But it's not a good thing."

After finally sighting my targets, I shoot. And miss. And miss. And miss again, hitting only one of the five targets. Still, Madigan assures me this is very good for a beginner. My competitive spark becomes a flame when, after Adams initially hits a flagpole, hearing madmen to shoot five out of five.

We move on to the standing position, learning how to shoulder the rifle correctly and brace it with an elbow on a hip. Madigan explains that there's a

**I'M HOLDING A .22 CALIBER RIFLE. LOADED. WITH BULLETS THAT COULD DEFINITELY DO SOME HARM.**



Biathlon targets at the Ethan Allen Spring Range.







# Ticked Off

Lyme disease can mean severe pain for patients and legal headaches for physicians

BY KEN PICARD



**S**usan Chinnock had no idea what was wrong with her daughter, Alice Levitt. Neither did the two dozen doctors who examined the Greenwich, Conn., youth over six years in the 1990s. Whether it was, Chinnock knew it was serious, and awful. After she was diagnosed, it took another seven years and more than a million dollars of their own money before Levitt was "cured" of her ailment, chronic Lyme disease — a diagnosis many doctors say doesn't exist and was all in her head.

In a sense, they were right. Many of Levitt's symptoms were neurological. They began at age 10, when she developed joint pain, headaches, dizziness, chronic fatigue and "brain fog" which doctors initially diagnosed as rheumatoid. By age 18, Levitt was so sick she was attending school less than two hours a day. Several physicians, including a well-respected Connecticut neurologist, recommended she see a psychiatrist.

"I knew that that wasn't what was wrong with Alice," Chinnock recalls. "She was having a wonderful life, until this got in the way."

At 16, Levitt remembers looking herself over in a mirror and wondering on a look report, then going to bed early. When she awoke the following morning, she couldn't walk, her mother had to carry her into the doctor's office.

That was in April 1996. Over the next six months, four blood tests for Lyme all came back negative. Then Levitt went to see Dr. Bernard Rindin, who looked at her and immediately said, "I'll bet my medical license that that's Lyme disease." He knew that the tests for Lyme are notoriously unreliable. He'd originally become interested in tick-borne diseases while working as a psychiatrist, an unusually large number of patients came to him with chronic, and often severe, neurological ailments that couldn't be diagnosed medically. And yet, few of the patients displayed psychiatric disorders.

Rindin ordered a Single Photon Emission Computed Tomography (SPECT) scan, a form of 3-D brain imaging which revealed a severely reduced blood flow to Levitt's brain.



**MANY OF THE DOCTORS WHO'VE CHALLENGED THE MEDICAL ESTABLISHMENT'S STANCE ON "CHRONIC LYME" HAVE ENDURED SERIOUS REPERCUSSIONS.**

"My doctor said it was the SPECT scan of a 40-year-old woman with Alzheimer's," recalls Levitt, who is now a food writer for *Seven Days*. Subsequent tests confirmed conclusively that she had indeed contracted Lyme.

What followed were years of painful and often debilitating treatment, Levitt describes as "years, then decades." She and her mother moved to Vermont to get "above the Lyme line." In 2000, Levitt's doctor gave her a clean bill of health, though she still suffers from vague neurological problems when she's stressed or runs down.

Levitt's case is far from unusual. The disease was first identified in the 1970s among children around the southeast-on Connecticut coast of Lyme. Today, it's the fastest-growing vector-borne disease in the U.S. and is more prevalent than West Nile virus, AIDS, and even and even flu combined. In Vermont, the number of confirmed cases rose from 26 in 1999 to 330 in 2008, according to the Vermont Department of Health. Though it occurs more frequently in the southern half of the state, health experts

warn that Lyme can be found in every Vermont county.

Lyme disease is caused by the bacterium *Borrelia burgdorferi*, which is transmitted to humans when they're bitten by an infected deer tick. Acute symptoms, which can appear within three weeks of the bite, include fever, headaches, fatigue, and joint and muscle pain, as well as the classic "bull's-eye" skin rash. If left untreated, Lyme can spread throughout the body, causing long-term or permanent damage to the heart, brain, joints and nervous system.

The spirochete, or corkscrew-shaped bacterium, that causes Lyme is genetically similar to the one responsible for another infectious disease, syphilis. Like its sexually transmitted cousin, Lyme disease has been called "the great imitator" because it's often confused with other diseases, including Parkinson's, lupus, multiple sclerosis, Lou Gehrig's and Alzheimer's. Lyme-entranced advocates call it one of the most misunderstood and undiagnosed diseases of our time.

It's also one of the most controversial. The Centers for Disease Control and Prevention (CDC) asserts that patients

who are treated with antibiotics in the early stages of infection "usually recover rapidly and completely" though some "may have persistent or recurrent symptoms." The CDC recommends a treatment of oral antibiotics lasting two to four weeks, as advised by the Infectious Diseases Society of America (IDSA). However, neither the IDSA nor the CDC recognizes "chronic Lyme" as a legitimate medical diagnosis. As a result, many insurance companies won't cover the cost of its treatment.

And therein lies the rub: A powerful 2009 documentary, *Under the Skin*, follows the lives of several long-term Lyme sufferers. Like Levitt, nearly all were told repeatedly by doctors that their debilitating conditions were psychosomatic. They were told to believe there was no long-term treatment for what turned out to be real.

In fact, many of the doctors who've challenged the medical establishment's stance on "chronic Lyme" — including Levitt's physician, Rindin, who's featured in the film — have endured serious repercussions. Some were subjected to medical audits and lawsuits by insurance companies, others were called before their state medical boards and had their licenses suspended or revoked. This despite the fact that thousands of Lyme patients claim to have benefited greatly from long-term antibiotics.

*Under the Skin* also presents compelling evidence that the IDSA's Lyme protocols were tested due to the financial interests of the panel of doctors who wrote them. The film explores the chilling parallels among medicine, politics and money, beginning with the timing of Willy Burgdorfer's discovery of the Lyme pathogen in 1982. That discovery occurred just two years after the landmark U.S. Supreme Court case allowing companies to patent living organisms.

**F**actors of Chronic leads the Lyme Support Group of Northern Connecticut, which meets every two months at the Sherman Hotel and Greenwich Center in South Burlington. The next meeting is Saturday August 16. Info: 905-2752.



As the film reveals, nine of the 34 panel members had direct conflicts of interest, and potentially stood to gain financially from research and patented vaccines for Lyme. In November 2006, Connecticut Attorney General Richard Blumenthal launched an antitrust investigation of the IDSA's protocols and found "serious fault" in its Lyme disease guidelines. Blumenthal and the IDSA agreed to end that investigation in 2008 and conduct an independent review of those protocols.

But the findings of that review, made public just two months ago, offered little comfort to Lyme awareness advocates across the country. It determined that the IDSA's 2006 Lyme guidelines were "medically and scientifically justified," and kept them largely unchanged.

"I'm appalled by that. It is less than," says Glenneer, who in recent years has lobbied the Vermont legislature to increase awareness of Lyme.

By and large, the commentators that have revolved around the disease haven't touched Vermont — yet. That said, none of the self-described "Lyme literate" medical professionals contacted for this story was willing to be identified in print. All expressed fear of enduring another "witch hunt" from insurance companies and the Vermont Board of Medical Practice.

Among them is "Cathy," a Chittenden County physician. Cathy claims she sees about one new case of Lyme every other week, and about half of them present symptoms that have persisted for more than six months. Cathy is one of several doctors in the region willing to back the CDC guidelines and use long-term antibiotic therapy — for years, if necessary — to combat the disease.

Cathy says the craft understated why treating chronic Lyme is so controversial. Doctors routinely prescribe long-term doses of the antibiotic doxycycline to 15-year-olds with acne and 80-year-olds with urinary tract infections, and insurance companies "don't bat an eye," she notes. Yet, an identical course of antibiotics for Lyme can cause a red flag with insurance companies and state regulators.

"Lyme" is a registered nurse in 30, Albany. As both a health care provider and someone who contracted Lyme disease — twice — she understands all too

well the challenges Lyme sufferers face when seeking care.

"There are no other diseases I know of where the medical establishment says, 'Oh, you can't treat it that way. There's only one way to do it,'" Elyse says. "There's always more than one protocol."

Elyse's first encounter with Lyme occurred in 2002 after she was bitten by a tick while picking berries in her yard. Her symptoms were typical: headaches, muscle twitches, vision problems and brain fog. She started on antibiotics within five weeks and got better. By the following January, however, her symptoms returned with a vengeance. By this point, doctors were calling it "post-Lyme syndrome" — often referred to today as MIS, or "medically unexplained symptoms."

Elyse was fortunate: She found a Lyme literate doctor in New England who was willing to treat her aggressively with long-term antibiotics. Moreover, her insurance carrier, BlueCross BlueShield of Vermont, has never challenged her diagnosis or treatment. Nevertheless, Elyse

doesn't want to be identified for fear of professional repercussions.

Dr. Brian Hall, an infectious disease epidemiologist with the Vermont Department of Health, agrees with Lyme awareness advocates that the disease is often misdiagnosed, a common occurrence when a disease is new to an area. But also acknowledges that blood tests for Lyme commonly generate false negatives and positives. Nevertheless, when it comes to treating chronic Lyme, she says, "We generally follow what the CDC says."

Best recommends tick checks once a day for anyone who regularly recreates outdoors. It takes about 36 hours for an infection to develop, so if a tick is found, she recommends removing it promptly. Then, she says, watch for the telltale symptoms. Anyone who suspects they have Lyme should speak to a health care professional, who may prescribe antibiotics.

For her part, Levitt has a message for anyone whose life has been dramatically altered by Lyme: With the right treatment, you can get better. Indeed, her daughter's recovery became a cause célèbre among chronic Lyme sufferers nationwide when it was reported on a 2004 article in *Newsweek*.

That said, Levitt warns that recovery can be a very long haul. ☐



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**M**y father knew it was coming. Alzheimer's disease had been on his radar ever since his own father died of the mysterious malady. Witnessing the catastrophic deterioration of a man whose mind had been sharp enough to work for General MacArthur in postwar Manila, my frightened father, Benvenuto Bercow, decided to become a neurologist. Perhaps the practice, and pursuit of a diagnosis could stem off what he believed was a genetic inevitability.

Benvenuto's fear reached epic proportions as he approached middle age, and he began to experiment on himself with supplements. By the time he was 60—which was 12 years ago and before dietary supplements were so commonplace—my father was taking 76 tablets a day.

He tracked down anything that offered even the slightest possibility of saving brain cells and killing free radicals: omega-3, omega-6 and omega-9



# Down Memory Lane

In an art exhibit on Alzheimer's, a writer finds shades of her own past

BY NANCY STARNES BUREAU

fatty acids, vitamins E and C, ginkgo biloba, rosemary and sage, fish oil, flax seed, and many substances I had never heard of. He drank nothing but green tea, snored off sugar and even stopped using shampoo that contained sodium lauryl sulfate, which he called "toxic."

Dad spent hours a day doing math. Even when I was visiting the house he shared with my stepmother in Naples, Fla., he'd sit silently on his leather recluse with a calculator in his hand to verify the accuracy of the long math he factored by memory.

What are you saving your mind for, Dad? I often wondered. I'm here now, waiting to talk with you.

But my father wasn't interested in idle chatter. His prime pursuit was the solitary game of problem solving. Medicine and math had solutions, they just had to be found. The answer to Alzheimer's was somewhere in his head—or so he thought.

On one of the occasions when I was visiting and he was doing equations, Benvenuto looked up and stared at me.

"Promise me something, girl," he said, using the same voice he would to address the Southern Clinical Neurological Society, an organization he founded and presided over for years.

"Anything," I answered my father, who had once mortgaged our house to buy the first MRI machine in our town. He later filed an antitrust lawsuit against the hospital where he worked when the administration decided radiologists had the right to interpret test results instead of neurologists. My father lost that battle but gained the respect of his colleagues—even the radiologists—for his scientific prowess.

"Swear as your grandmother's Bible that you will put a gun to my head if I wind up like my father."

He was dead serious.

How do you swear a man who watched his own father wipe faces on the walls of their Virginia farmhouse? A man who couldn't tolerate seeing his loving mother beat the carpeting bare and sent his father to a nursing home, where he died a short

time later? A father who blamed himself for his own father's death and was now asking me to tell him if the disease repeated itself despite his best medical and pharmaceutical efforts? "Swear to me," he said again. My father taught me to shoot on the farm where he grew up. He collected guns and kept them under lock and key. Everything was in place to make his wish a reality.

I put my hand on the aging, leather-bound King James Bible that had belonged to my great-grandmother Nanna Dunsley and my grandmother Nancy Scott.

"I swear," I said, promising only because I knew it would bring him comfort.

"Good," he answered, then set down the Bible and picked up a wooden puzzle box. "Wait some more, my girl."

A few years later, my father and his wife, Nora, came to Vermont for a visit. Ben tagged a wheeled suitcase full of

supplements into my house. He stayed up late the first night poring out his pills for the week into Dixie cups and hanging cups of supplements to be served with every meal.

"God, you should be taking those, too," he declared one morning.

"Why?" I asked. "Because you see my genetic clock." When I was very young, people would say, "You look just like your father." To which I would always respond, "That I'm a little girl!"

Our physical resemblance and similar character traits are uncanny. We are a pair of tall, big-eyed, blue-eyed, loose-jointed, freckle-skinned, musty-eyed, mischievous, angst-ridden, globe-trotting Bercows. Except for XX and XY.



**B** Alzheimer's: Forgetting Place by Nancy Starnes Bureau. October 26, 2010. \$15.99. [www.thebureauagency.com](http://www.thebureauagency.com)



chromosomes, nearly everything about us was a perfect match.

I wondered about the apolipoprotein E (APOE) gene found on chromosome 19, which can indicate a predisposing genetic risk factor. Which one did I get from my father?

Everyone inherits a copy of some form of APOE from each parent. APOE ε2 is relatively rare and may even provide some protection against the disease. APOE ε4 is the most common and appears to play a central role in Alzheimer's disease.

"Those who inherit one copy of APOE ε4 have an increased risk of developing Alzheimer's," explains the Vermont Alzheimer's Association website. "Those who inherit two copies have an even higher risk, but not a certainty. Scientists do not yet know how APOE ε4 raises risk. In addition to raising risk, APOE ε4 may lead to subtle symptoms appear at a younger age than usual."

I was only 14 when my father and Mom came to visit that summer. I didn't want to be bothered by worry, so he had been all his adult life. What I wanted was to take them to the Blueberry Blossom to show them a quilt exhibit and the famed Round Barn. I wanted us to stroll the grounds as if we didn't have a case in the world. Couldn't I think about Alzheimer's later, maybe a decade or two down the road?

Nope. We did enjoy a beautiful day at the museum. Mom was fascinated by the Round Barn. "I never saw one like this in Virginia," I recall him saying. I later met him a Warren Kunkle print in memory of my father.

In exchange, my father saw me the very expensive APOE genetic test kit and on contract me to have the blood drawn at my physician's office, but to have the results sent directly to him. Turns out that I carry the APOE ε4 gene — the neutral case, which means I may or may not get Alzheimer's. My father is an APOE ε4 carrier, too.

But now. Reassured he had killed Alzheimer's. A year ago, he had a CT scan that showed "brain atrophy consistent with the disease." He looked at the film himself as he was wheeled out of the room — before the radiologist even had

a chance — and was confused by what he saw. *What's that a what?*

The symptoms have been reemerging ever since. Mom can't remember when he last ate, so he eats all the time. The big man is now big, balded, too. His supplement regime — fogoties, for the most part — has been replaced with a combination therapy of the prescription drugs Namenda and Aricept. Mom must put the pills in his hand and watch him swallow. He has to stop him from taking them again a few minutes later.

Mom can still do sudoku puzzles and read books on his Kindle. He just can't remember what day it is or which words he most recently uttered. His nap schedule — formerly 20 minutes after lunch, even when he practiced medicine — has increased to twice a day, for two hours at a time.



**BEAU CAN STILL DO SUDOKU  
PUZZLES AND READ BOOKS  
ON HIS KINDLE. HE JUST  
CAN'T REMEMBER WHAT DAY  
IT IS OR WHICH WORDS HE  
MOST RECENTLY UTTERED.**

A few weeks ago, after spending six months in Singapore with my son and husband, I went to Naples to help him while Mom had surgery. For the entire first day I was there, my father hopped on every train he saw me come around a corner. "Oh, it's so good to see you," he'd say. These hugs were long, down to mid-thighs, quite unlike the sideways, one-sided nervous he used to give

I feel him. I gave him the pills. I cleaned up his "accidents." I let Mom sit King Cee for Green Sandboxes. (I temporarily lost him in the grocery store when he stuck out on his own to find them.) I watched FOX News with him. (That one hurt.) I suggested when he napped. I took him on daily visits to see his wife at the hospital, and stopped him from calling her every five minutes from home. I got the newspapers before he woke up so he wouldn't wonder outside alone. I wondered what happened to the calculator that had always been by his chair. Long work was long gone. The remote control was his long de jour.

While Mom watched a beautiful game one afternoon, I walked into his den and opened the wall of supplements he used to take — beakone after beakone of pills with names like "Mucosorb" and "Mucy Mucy" along with the standard vitamins and minerals. They were any beakone reminders of how suddenly he had fought to stave off this disease. It seemed symbolic that they were all past their expiration dates.

I moved my head on the gun cabinet as my way out. Not gonna need any of you, either.

Several mornings during my visiting time with him, I've led him to walk to the local coffee shop. The only thing he'd say on these walks was "The kibitzers are in full bloom." Every time he said it — there were dozens — I wondered on whether the plural of kibitzers is, in fact, kibitzers. I felt better during about someone things that the gravity of the situation.

On my final day in Naples, we took one last walk together. Mom didn't mention the kibitzers, though they were still blooming. I noticed he got wet off, and for a second I thought he might be having a stroke.

"Are you OK, Dad? You're walking funny."

"I'm just trying not to step on the cracks," he said, perfectly seriously. I giggled. Dear God, he thinks he's a boy again?

He seemed especially distant that morning. Maybe he was back in the office, or walking the halls of the University of Virginia. Whenever he was, he seemed happy there. But as we passed a perfectly flourishing hibiscus tree, my father looked at me. That look. The one that means something is ending.

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# River of Dreams

Tom Paul and his Black Fly band don't bite—they row

BY KING KARDASHIAN



Tom Paul

**S**ailing, rowing, crew—whatever you call it, this sport in which shiny polo-jacketed slacks beats up skinny rivers comes with some unfortunate stereotypes. They're a bunch of spoiled prep-school kids with expensive, effete watercraft, some say. Others grip the podium is for effish Ivy Leaguers whose best days are behind them.

Well, Vermont doesn't have many fancy prep schools, and not a single Ivy. Nonetheless, sailing thrives here. And, as you might expect, Vermont rowing has a flavor all its own.

One of the founders of the fleet is Tom Paul, 51, a real estate lawyer from North Duxbury. In 2001, he held the inaugural Black Fly Regatta on his favorite stretch of the Connecticut River. Since then, the event has become known as a quirky, classic race that every eastern rower should experience. But Paul seems more than good competition. He has plans to build a community boathouse and introduce the sport to kids from all over Colchester County.

On a recent Friday morning, I meet Paul on the quiet main drag of Waterford. He pulls up in a black Volvo and gets out wearing mirrored sunglasses, spandex shorts and knee-high black boots. He looks like a dapper endurance athlete who's been selected and reared by farmers. Later on, I learn the reason for the boots.

We drive a few minutes and turn left onto an unmarked gravel farm road. There, beside a lagoon of shallow water, we park and proceed through a cornfield, then down a mowed path, then either meadly or meowing with ticks. Suddenly the dark, placid waters of the Connecticut River appear beneath us, and we scramble down to a ridge covered from a small cave. There's a 6-by-6-foot dock in the river and two best racks holding three "ducks," which is the technical term for a sailing boat. "Welcome to our boathouse," Paul says.

The sport of sailing was invented at Elm College in the late 18th century. It took hold in the United States in the mid-1800s, first in Detroit and then along the East Coast at schools such as Yale and Harvard. The boats, which have shuffling sails and oars that fit into outrigger oarlocks, hold one to eight rowers. Initially made of wood, today they're constructed from Kevlar and carbon fiber, which allow a 27-foot craft to weigh just 30 pounds.

The competitive rowing season in the Race begins in the spring with sprint-distance races, in which boats cover 2000 to 2000 meters in a single heat. The fall brings "head" races, such as the Green Mountain Head in Putney, which usually don't exceed 500 meters. During the winter, 800 to 1000 meters is rowed outside, while long training boats on erg machines—use in the Concept2,

made by the Morrisville-based company of the same name—that simulate the motion of a full stroke.

Like sailing, rowing is a two-weight-bearing sport that engages both strength and endurance. The difference is that rowing is more of a total-body workout, rowers use all the major muscle groups in the arms, legs, butt and back. And, because of the variety of race distances, various rowers work on developing the two coordination systems: aerobic endurance for longer, steadier-state competitions, and VO2 max and anaerobic threshold for higher-intensity efforts over shorter distances. Of course, you don't need to race to glean the fitness benefits of rowing; doing it for an hour a few times a week is enough to keep a person in good shape.

Paul didn't start rowing until he arrived at College of the Holy Cross on a Latin and Greek scholarship. Originally from a Chicago suburb, he grew up in a middle-class Irish-Catholic family and brings to the sport a tongue-in-cheek irreverence that's evident in the club's motto, "Make Me." It means "bite me," in Latin. "That's what black flies do," explains Paul.

After Holy Cross, he went to Loyola University School of Law in Chicago. But his girlfriend lived in Boston, and the long-distance relationship wasn't working. Paul transferred to Vermont Law School, partly to be closer to her.



and partly because he loved Vermont. The golf left him six months later, but Paul stayed in Vermont. He found work in Breadloaves and, in 1988, opened a law practice with his wife in St. Johnsbury. He's now divorced and calls himself a Colchester County's most eligible bachelor.

In the late 1980s, Paul got the itch to row again. He started attending the Connecticut River from a public boat launch and rowing on the seven-mile section between the Moore Reservoir and the Concord Dam — part of TroutGarden's 16 Mile Pkts hydroelectric generating facility. As he rowed along, Paul noticed a sheltered cove abutting a cornfield and thought it would be a good place to keep his boat. He approached the dairy farmer who owned the land, offering to draw up a lease and get insurance. But the farmer just said, "Well, I suppose it won't harm anything. Why don't you just go ahead?" Paul recalls.

Since then, he and two other rowers — fellow lawyers David Magle and Greg Clayton — have had their own boat launch on one of the best pieces of water in the state. It's straight, usually sheltered from the wind, and mostly devoid of traffic.

In fact, Paul's training ground is so good that he wanted to share it with other rowers. In May 2003, while at teaching a workshop, Black Fly-ridden camp of the Conifery Outdoor Center, he got to know some fellow rowers. "I said, 'Look, guys, you've got to come and row where I row, it's beautiful,'" he says.

To get his new friends on the row, Paul announced that the first Black Fly Regatta would take place in mid-June. Seven people showed up on race day under less-than-ideal conditions: rain, wind and whatever. It all ran up, Paul added to the starter building a shotgun, the blast went off, and the competitors rowed 6000 meters into a 20-mile per-hour headwind.

These days, the race — it takes place this Saturday, June 16 — has upward of 70 boats. There's still a mass start, but the weather is usually better. Unlike most rowing competitions, the Black Fly has few bumps and fewer rules. The only one enforced is that a charge of unsportsmanlike conduct results in loss of a party privileges.

When Paul and I reach the water's

edge, we find a guy in a old boat waiting to take us on a tour of the course. Rowers and water skiers happen to like similar venues — flat water with long straightaways — and the two groups get along well here.

On the way downtown, we spy a house slightly from a bank and a boat doing for fish. Once, while sitting here Paul had to stop to let a mouse swim across the river, he says. Bigger have been known to ram the freights.

We reach the neighborhood, and the green line of the Concord Dam, near the start of the race, comes into view. There here, the river narrows a bit, but with isn't a problem in the race, since some competitors are quickly substituted by others.

On the way back upstream, Paul points out strange fogging along the bank and some downed trees in the water. "That's where we want to put the headstones," he says.

What Paul has in mind is an 8000-square-foot facility in the shape of a dairy barn to serve the local high schools and communities. The same farmer who owns the launch site has offered to sell Paul a five-acre parcel with 878 feet of river front.

Breaking the Battle of Thermo pylis, in which 300 Spartans held off the Persian army, Paul's fund-raising strategy for purchasing the land involves getting 300 people to pay \$1250 each over 30 years. "If the Spartans can do that, we can surely do that," he says.

The Black Flag isn't the only Vermonters rowing, of course, and beginners have several ways to sample the sport. The Conifery Outdoor Center runs summer camps and offers weekly lessons on Tuesdays and Fridays on Big Hammer Pond, a 2800-acre body of water. The Black Bear Sculling compound and the Upper Valley Rowing Foundation are both located in or near Hanover, N.H.

These places may have headwaters with four walls and a toilet, but they can't lay claim to a span of water seven miles long and so flat as glass. "You can see why I wanted to get my buddies out here," Paul says, as the sun shines and the green hills of New Hampshire recede to our east. "I wish the race were today." ☺

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# Going the Distance

Long-haul cyclists pedal out a new niche in Vermont

BY LAUREN DEER



Riders on the recent Lake-Carol 50K event

I ALWAYS SPENT LONG DAYS ON A BIKE. I JUST DIDN'T KNOW IT WAS A SPORT.

PATRICK SHANK

Every four years, thousands of amateur cyclists log countless miles to qualify for Paris-Brest-Faves, the highlight of the long-distance cycling calendar. The event is a 1,200-kilometer ride, not a race, that takes participants from the French capital to the westernmost tip of the country and back. That's nearly 750 miles. Riders have 90 hours to finish this ordeal, and few sleep more than 20 minutes here and there. It's like biking from Burlington to Kalenchoon, Ark., in three days. Talk about saddle sores.

To qualify for PBF, riders have to complete what is known as a brevet series, consisting of 200-, 300-, 400- and 600-kilometer rides in ascending order. This year, for the first time, people who belong to this gritty, rare breed of cyclist — known as randonneurs — can complete part of their brevet series in Vermont.

The Vermont Brevet Series, organized by Burlington cyclist Mike Haggen, will pit riders against the state's beautiful — but often unforgiving — hilly terrain in four rides of different distances. The first brevet (pronounced "bruh-vay") was a 100-kilometer "Cafe Cruise" on June 15 that attracted cyclists from all over the region, including a couple from New Hampshire on a tandem bike and

two riders from New York City. Some were on a quest to qualify for PBF, while others just came for the pleasure of finishing a long ride. In randonneuring, all are welcome, and ability is relative. The sport is not about speed or skill; it's about the joy that comes from riding a bike.

A brevet works like this: Riders follow a route sheet with directions to various checkpoints. At each, they get a card stamped. The checkpoints are only open for specific intervals, which means riders can't arrive too early or too late.

This time system ensures riders don't cheat, and helps maintain the sport's amateur bent. A brevet is supposed to be a friendly ride where riders are competing more against themselves than each other.

The sport has roots in the particularly French style of riding in which cyclists go out on their bikes for hours, touring the countryside and challenging themselves with steep mountain passes and long flat stretches. In the early 1900s, randonneuring took off as an alternative to racing for many cycling enthusiasts.

These were people who wanted a mental challenge as well as a physical one. For most road cyclists, a 90-mile ride is plenty. You burn calories, sweat off pounds and get stronger with each

ride. But randonneurs strive to reach a goal that involves sitting in the saddle and turning the pedals for 24 hours at a stretch.

Haggen says he appreciates that the sport is about human determination and endurance. It's one of a growing number of cyclists who wanted to ride long distances but weren't interested in road racing's steep climbs and sharp elbows. So he turned his sights to randonneuring. "I've finished on rides longer than 80 miles," he says.

A sturdier frame by trade, Haggen, 36, began cycling in his youth and was always in reasonably good shape, he says. But by the time he reached graduate school, he weighed 250 pounds and felt miserable. When he finally got back on the bike, he recalls, the pounds melted off. Gradually, he increased his distance until 70 miles was a breeze.

When he moved to Vermont in 2005, Haggen discovered the state's long-distance bike scene still in its infancy, with no organized rides. So he participated in events organized by New England Randonneurists. Most weekends, where the culture is much more developed, Haggen's first "real challenge" was a 100-kilometer ride from Boston through Western Massachusetts and Connecticut to Rhode Island and back.



Then he completed a 600-kilometer loop across Mounts/lanette. Beggs tried to qualify for the last running of the Eastern Mountain States 100-mile triathlon in 2006, but an injury prevented him from finishing a race.

The Vermont Brevel Series, which Beggs runs with the help of New England Randonneurs, is fully sanctioned by Randonneurs USA, the sport's national governing body. Still upcoming are two 100-kilometer rides and one 300-kilometer ride, all leaving from the Old Spout Horse in Burlington. The Champlain 2006/2006 takes riders on a trip around Lake Champlain through the eastern edge of the Adirondacks, participants choose between the two courses. The Fall Classic 2006 course covers the northern Champlain Valley in the shadow of Mount Mansfield and General's Camp, with riders tackling six major climbs and crossing five covered bridges.

Like many randonneurs, Beggs says he was drawn to the sport's intensity. To ride a brevel successfully, even at the shorter distances, cyclists need to be self-sufficient. Unlike a road race or even a charity ride, brevels don't offer support vehicles full of spare wheels and mechanics. In random racing, you are your own mechanic, coach, cheerleader, cook and doctor.

"You're not out to get your sorry ass if you break down," Beggs says.

Being self-sufficient means knowing how to wrench your own bike and bringing all the essential tools on your saddle bag. Randonneurs also have to bring rain gear in case the weather turns, and lights if they're riding at night. Though many riders stop to eat on route, most carry snacks and energy bars.

Burk Shanks, a 41-year-old who works in small-business organizations, officially started brevels two years ago, but had been doing that kind of riding much longer.

"I always spent long days on a bike," he says. "I just didn't know it was a sport."

The opportunity to see other parts of the country is part of the attraction for Shanks, who lives in Burlington. He views the rides as "vacations," he says, and tries to do his long workouts on roads where he can hit some bakeries. "Food motivates me," he says jokingly.

It's not just the pretty scenery or the promise of baked goods that draws Shanks to the sport. Randonneering's psychological pull is equally strong. The mental gymnastics riders have to



Life Cycle takes on a ride.

accomplish to finish these epic rides are often the hardest part of the sport. Shanks spends every bit of his free time on his bike, being fit enough isn't what concerns him; it's how he has to worry about.

"I will struggle with the mental side of it," Shanks says. "The longer distances are much more a mental challenge than a physical challenge." When you're sitting on a slender bike saddle for 10, 12, 15 hours, there's not much to do but turn the pedals and think. The only thing preventing you from stopping is your will to press on.

Beggs uses the time in the saddle to solve work problems or mull over political positions in his mind. And he tries to get into a zone.

"It's sort of like a meditation for me," he says. "The meditative aspects are similar to Zen."

The mental side of the sport was one of the hardest for Anthony Memmen to master. The 30-year-old Montpelier resident is a year-round bike commuter and had completed many century, or 100-mile, rides before he tried random racing. But adapting to days on the saddle was tough. "It's mostly mental," he says.

Memmen, who works at the Business Energy Resource Center, rode his first brevel series in 2006 and qualified for Eastern Mountain States. Since then, he's ridden in brevels all over the Northeast. He says he's looking forward to the Vermont brevels, not only because they'll put him one step closer to his goal of qualifying for MTB but because they're different. "It's always a new challenge," he says.

At the heart of randonneering is a love of the bicycle. All three are passionate about the adventure of cycling great distances, and marvel at the ground they can cover in a day on a bike. Brevel riding leads to an appreciation of the countryside, they reason, as well as the art of cycling itself.

"It's like traditional country biking," Shanks says. "It's a real return to just taking joy on your bike."

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# Quarrel Ensemble

Theater review: *Who's Afraid of Edward Albee*

BY ERIK CSIKILSEN

Stephen Goldberg's new play, *Who's Afraid of Edward Albee*, takes place in the wee, small hours of the morning in the living room of Sandra and Harry Kline. In the first scene, above-middle Sandra asks her husband, who's attempting to read on the couch, about a strange sound coming from another room (offstage). He returns that it's probably the ice man, how trying to keep up with his. The clever comeback helps set the tone for a play that's propelled by a relentless stream of barbs and counterbarbs.

Theatergoers familiar with Goldberg's work — based in working some 20 original plays to date — will readily connect the work with the playwright's persistent concern with humanity's dark moods and machinations. And they won't be the least bit surprised by the rough edges in his latest work, a *ThruStar* one-act running at Burlington's new Off Center for the Dramatic Arts — the first full run of a play in the space. While credit for the play's loose structure must go to Edward Albee and his 1962 play *Who's Afraid of Virginia Woolf?* (and its 1966 film adaptation), the crinkly comic heart of *Who's Afraid of Edward Albee* is pure Goldberg. As such, the work is not meant to be a parody of Albee's modern classic. But there are clear parallels and references that keep the earlier play in mind. Similarly with Albee's original may enhance the experience of seeing Goldberg's version, but it is not a prerequisite to being both amused and agitated by the latter.

These two states of mind sum up the overall effect of the play as well as the characters' effect on one another. From the opening, Sandra (Melissa Cullen) and Harry (Rob Davidson)

enter with just down that, though twice at times, somehow fail to get much else out of either. The game, it seems, is to probe for the other's weak spot. She's a sophisticated, the daughter of movie-makers, and her bestial strike at her husband's bungler organ — in particular his father, a teacher in Chicago public schools. Harry's current work, as a back-screening professor with a PhD in literature, also leaves him open for more direct abuse. Harry's last shot

at Sandra hit her in the eye, including her strenuous efforts to appear sexually desirable will just her prize. Sandra and Harry's general quarrel, each latches on to a more specific matter — the comment that by one of Harry's screenwriting students, Dingo, and her husband, George. While the young couple has been attending a film screening of *The*

*Butterfly* Potemkin, Sergei Eisenstein's 1925 silent film, Harry has been reading George's screenplay and preparing feedback. As Harry explains to Sandra about what drew the young man, his witless, she complains that Harry isn't putting up thoughts in building down Dingo. What follows, upon Dingo and George's arrival, is predictable enough as effort on both Sandra's and Harry's parts to seduce George and Dingo, respectively.

This plot might be compelling if there were something at stake for the characters. In this dysfunctional parlor drama, however, it's only George, played by

**SANDRA AND HARRY  
DISPLAY SO LITTLE  
CREDIBLE HUMANITY THAT  
IT'S HARD TO FEEL  
EITHER LOATHING OR  
SYMPATHY — OR  
ANYTHING ELSE —  
FOR THEM.**

**■** *Who's Afraid of Edward Albee* is directed by Stephen Goldberg, produced by Off Center for the Dramatic Arts. Running June 21, 22, 28, 29 p.m. Tickets and show, 545-2378 [www.offcenterarts.com](http://www.offcenterarts.com)





Castmates from top left:  
Henry Colburn, Geneva MacNeil  
Bob Denison, David C. Symons

David C. Symons, who struggles against the inevitable descent into depravity of the four characters, his seems to have been done with the most restraint, and Symons plays it square, calm, and reliable without going too broad. Geneva MacNeil's Daphne, in contrast, arrives half in the bag from the postcard-making reception, and continues to drink incessantly. As a result, she is never able to evoke any depth, particularly in her efforts to outdo the other characters of that night have elicited viewers' sympathy. Not that the prospect of being seduced causes her much concern.

Bob Denison and Henry, all of this is just a twisted game. They display so little credible humanity that it's hard to feel either loathing or sympathy — or anything else — for them.

The plot of *Who's Afraid of Edward Albee* is as loose as its characters, and that is what makes it agonizing at times. It's also a hallmark of Goldberg's style. His fans — and they include some very nice local actors — praise his plays' "provocational" feel. When this works, the result is a provocative wallowing in catty truths of the human condition, often embodied by looks, murders and other lowlives. Maybe because the characters in *Edward Albee* are some what refined, all that heat on stage fails to produce much light — at least not in the sense of illumination.

The play does, however, have its

light — that is, humorous — moments. Goldberg's cast members are at their best when he allows their respective characters' flaws for laughs. Sandra would be tedious were it not for Colburn's keen sense of her character's deep-seated need for male sexual attention. She manages to play outrageous and pathetic in the same gesture. Her biggest laugh is a repetitive reminder to Daphne that Henry isn't a real doctor. (A few failed lines on opening night drew an intended yawn.) Denison's two shines most brightly when going far comical over real, such as in his explosive reaction to his parents' ignorance of the play *Who's Afraid of Virginia Woolf?* Of course, they're seen the movie. Comic situations are hit and miss here, though, some generate raucous chuckles, while others tug the play jarringly into the absurd.

Right up to the play's final moment, *Who's Afraid of Edward Albee* shows an unflinching disregard for the tight storylines and unified tone of such mainstream theater. It does, sometimes, a strength for playwright Goldberg: it's also this play's chief weakness. There may be poetry here, but it's too likely to be found in lines of dialogue (surely not in Sandra's request to George, "Look at me with the eye of a woman?") than in Goldberg's prolific output and uniquely grounded vision. ☐

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**W**alling the stakes of Price Chopper, I felt as if I was being led to Old Spiky. The chain around my ankles I'd pledged to go a week without.

I was the one who'd suggested the assignment in jest, but food editor Suzanne Paduaner held me to it. Now people told me I was being a veggie. Suzanne said I was being "porkless!" I admit that I was an undernourished, but no one realized. I ate made out of meat, and without it I will die.

Think I'm being melodramatic? I'm the girl who, at age 5, asked her father to slaughter her favorite pet chicken, then asked to play with the head. I massaged lettuce from one to two, but the worst part was that my mom cooked her in the microwave. All that free-range bird went to waste!

True, I didn't grow up as a fanatic that believed in animal mistreatment. But every time someone was hungry, my mother has been a vegetarian for most of my life. I wasn't allowed to eat meat on the bone or a steak below waist level until I started cooking for myself. My brother is a veggie burger (no bun), a head of broccoli, one tablespoon of tomato sauce and several of our grandma's cookies every single day. He recently compared eating at a restaurant where meat has been prepared to sleeping in a hotel bed. That's no idle comparison, since he shares the latter for fear of infection.

Like my brother's guttural reaction in mind when shopping for the week's provisions. Having gone shopping with him before, I knew to avoid products that contained monos or gelatin, which entail slaughter. I purchased salad and napa cabbage. I'd be able to do something with them. Then I could a little. OK, a lot.

I googled my final meaty meal the way Maureen would have prepared his. I knew it'd be meat as a requirement for himself. I spotted Kentucky Fried best short ribs, purchased from a Korean market in Manhattan and treated in red wine, over herb-flecked tomato with collard greens. I reasoned that I needed something rich to tide me over for the next seven days.

Lunch on Monday was a no-brainer. I ate additional to Kitchen of India from meat. My vegetable is not complete without the fresh chana, pink paneer and masala. I started this up by trying a variety I hadn't seen before. Half the meal consisted of a chickpea curry; the other half



# Farewell to the Flesh

A committed carnivore tries a week of herbivory

BY ALICE LEVITT

was an adorable pile of potato cakes called also this that resembled chicken nuggets. Maybe that routine won't be so bad, I thought.

I changed my mind at dinner. I'd bought two pounds of the handsome farmed meat with a dash I dubbed "vegetarian yogurt." Too cheap to spend for balsamic cheese, I sandwiched fresh mozzarella between fried slices of eggplant, the breaded liberal chunks of cheese on top. For a taste of the lesson that is used to extinguish the flaming cheese in the Greek dish, I prepared a lemon meat sauce. It was tasty.

An hour after dinner, though, my boyfriend, James, who'd braced himself to embark on the challenge with me, proposed we go to Friendly's. We were hungry enough to require a five-ounce filet mignon (for him) and a medium chocolate cake with most chocolate-chip ice cream (for me).

For our Tuesday dinner, we decided to try what many vegetarians I know consider the greatest challenge: dining out. We chose our House in Wisconsin for its several appealing meat-free choices, which we'd noticed on our visit the previous

week. We hopped in the car, japing ourselves too soon deficient to walk the four blocks from our home, and arrived at the restaurant. It seemed a pretty small, even without the restaurant running. We sat down, and the manager told us not to miss the first vegan special that evening. A lamp was lit in my throat.

That dinner was premature. The bathroom stalls were so delightfully of course, covered in a garish cream sauce with many I barely tasted the meat. Until, of course, some bacon-chicken bread pudding whizzed past me. First that came with James' grilled cheese and herb tomatoes may helped lead my job. So did my second chicken chicken cake in so many days.

On Wednesday, I had the pleasure of trying the milk curry sandwich at August First. The chewy bean curd had just the right amount of spice and was overcooked with mushrooms. My only quibble was the price tag: Paying \$5.50, versus \$4.50 for my standby House Turkey sandwich, I felt like I was being punished for going vegan. Pretending to be pregnant is expensive.

The homemade veggie burger I tried that night at a popular Burlington restaurant was far less than satisfying. It was made from essentially the same ingredients as falafel—chickpeas, onions and garlic—only raw. And scoring like a runny egg. On the way home, I had to work over time on the drive.

As I tried to sleep that night, I felt as if I were growing colder as my gut, replete of my bubble being my lower stomach. They stayed with me the rest of the week. James, too, said his digestive system felt somehow different, as if he were always hungry and slightly unsettled.

I needed to take matters into my own hands. I love pancreas so much, why not make my own?

It turns out making cheese at home is shockingly simple (see sidebar). The Indian delicacy saris as a protein substitute for milk and yogurt. Hinduism, I made marar paneer, procured from a specialty store with lots of ghee and butter. The only problem was that I loved my handwork as much, I suggested entree.

The next night, I sampled the artificial substitute of my whole-corn-paneer. Quorn is a substance synthesized in a European









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food

# The Big Cheese

Cabot's extra-sharp marketing guru preaches the gospel on the Vermont brand

BY KEN PICARD

**R**obert MacDonald is a true believer in the Church of Cabot. According to her faith, cows and dairy farmers are holy, childhoods are sacred, and Vermont is the Promised Land. Her mission: Bring as many people as possible into the fold of "Cabotism" and take other Vermont companies along as the company grows. One night call it the "Vermont way."

On a recent Thursday evening, MacDonald — born to her friends — was at Killington's Summit Lodge preaching from her "marketing bible" to members of the Vermont Specialty Food Association, an organization she helped found 25 years ago. As Cabot's senior vice president of marketing, she was speaking on the mind-boggling topic of "Taking Your Brand to the Next Level," but her presentation had the religious fervor of a tent revival, complete with sermons of "Amen" and "Hallelujah."

"Are you feeling this love?" MacDonald shouted to the 40 sips of small- and medium-sized food producers in attendance, all of whom were there to learn from her decades of experience.

When MacDonald began at Cabot in August 1986, the quaint dairy cooperative was only vaguely associated with the Green Mountain State, the state image was on the lips but the word "Vermont" was not. Today Cabot is one of the region's largest producers of cheese, butter, yogurt and other dairy products, and it is as much a Vermont icon as blue maple syrup.

As the public face of Cabot, MacDonald, 58, is anything but the stereotypical corporate lack. Dressed in a pink Cabot T-shirt and wearing redline glasses on the top of her nose, she has a warm, approachable smile and looks a lot like Jane Fonda. She can be loud, brash and a bit PC, with a delivery as bracing as the season's first cow pat. Little wonder MacDonald describes her style as "an acquired taste."

For example, during her marketing presentation, she endearingly referred to her old friend Jerry Kelly, the former deputy ad commissioner who helped found the Specialty Food Association, as "a little snicker" who "could have sold ice to

Rehman." She freely boasted, "I reeked!" and jokingly called herself "a whorling for the company."

When someone in the room asked if MacDonald thought Vermont should stand down in highway races, she replied, "I say, shut 'em all down and get people off the road. Put us on the store on Main Street, not on the highway." Is that controversial enough?

Despite her potty-mouth and occasional hippie-missy raptures, MacDonald is also a self-described "marketing freak" with a skewed head for marketing and a fertile imagination for pitching — sometimes literally — Cabot products to new customers. She once commissioned Boston Sawtooths to design a board with Cabot's red plaid logo, then get volunteer kids to ride the boards at Vermont ski areas, lobbing baskets of cheese at out-of-town visitors.

When she heard US women's soccer star Julie Roddy bemoan about the bland American cheese served in hotels, MacDonald sent her a shipment of cheddar. In gratitude, Roddy filed a letter of commendation for Cabot. In it, she says, "We won the World Cup after having the world's best cheddar. Thank you, a connection!"

With a minuscule marketing budget—about 1.5 percent of revenues, compared with 18 to 20 percent at larger food-products companies — MacDonald, who heads up Cabot's family of 1200 farmers, their brands and relations as her day-to-day marketing man. She's persuaded them to "practice random acts of cheddar," such as putting Shedd's, peels steaks and put affios and handing out free cheese with a card that reads, "You've just been thanked."

"It's all karma building," she told the specialty food group. "The more you do, the more you get back."

**W**hen he first met her, MacDonald didn't even know the "guy" who ran the Cabot label was Vermont. In 1984, Gene Mastelino, known as "Mac," was a former marketing executive for such upscale corporate entities as CBS, American Express, the National Restaurant Assn.



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LPRC website/also  
Chavez 2000-200000  
Self contained/very  
generous power/very  
pump when since. De  
owner asking \$34,800  
802.556-1300



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**AFFORDABLE LIVING:**  
1 BR \$125/mo. 2 BR  
\$165/mo. 3 BR  
\$195/mo. incl heat.  
Call 333-8888.

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**WILMINGTON, DE.**  
Close to colleges, fully furnished, all conveniences, heating &

10000 sq ft New Bldg.  
 Entirely glass-fronted  
 near Sea Gate Bldg.  
 With two elevators  
 cable TV high speed  
 internet. Request: (2  
 mo. April-July) 1 yr.  
 lease: \$100-150/CM.  
 Request online apply  
 200-818-0000 or  
 www.officespace.com

APPROXIMATELY 10-15% OF THE  
TOTAL POPULATION ARE AFFECTED

Clean & dangerous waterfront at old Tynes Filling Station, parking lot built above ramped rail tracks April-June 1  
July 1-Aug. 1 & Sept. 1  
and work done.

**REBUILDING 2-ND FLOOR**  
 High-density concrete columns, precast concrete slabs, and steel joists are being used to rebuild the second floor of the building. The new floor will be 10 ft higher than the existing floor. The new floor will be 10 ft higher than the existing floor. The new floor will be 10 ft higher than the existing floor.

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Lg. modern 1 and 1/2 story  
w/bs. End adjacent to  
Berkshire Park. Filled  
basement, attached  
garage. 2 1/2 BA. lg.  
cooky kitchen. Gas  
heat, large. Beautiful.  
\$119,000 + \$200,000  
-12000

Lab. responsible: Dr. David C. Shuster, [dshuster@uconn.edu](mailto:dshuster@uconn.edu)

Call 503-682-1111  
 14000 SW 10th Ave.  
 Portland, OR 97205  
 10/10/07

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**Westcott House Nighttime Communication**  
175 Northside, Glasgow 11  
Montpelier, VT 05601-1001  
908-426-3125  
fax: 908-426-3580

## ANSWERS PAGE C 330

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Category	Value	Unit
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Category 3	300	kg
Category 4	400	kg
Category 5	500	kg
Category 6	600	kg
Category 7	700	kg
Category 8	800	kg
Category 9	900	kg
Category 10	1000	kg











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SEVEN DAYS

TONIGHT!

# SINGLES PARTY

WEDNESDAY, JUNE 23, 6:30-9:30PM

featuring:

A fast and fun  
way for single  
people to meet.

**SPEED  
DATING  
7D**

Register for  
Speed Dating  
at [sevendaysvt.com](http://sevendaysvt.com)  
or call 865-1020 x37

**SPEED DATES:** There's no guarantee  
everyone will be able to participate,  
but please register and check in when  
you arrive. Names will be called out  
before each round. (No need to  
register for the Singles Party itself.)

**COME EARLY!  
SPACE IS LIMITED!**

**Prizes &  
Giveaways**

\$5 AT THE DOOR, HOSTED AT:



**Miguel's on Main**



**MEXICAN RESTAURANT & CANTINA**

30 MAIN ST BURLINGTON

Top Hat Entertainment will be spinning tunes!

*In the  
meantime*  
browse local singles at  
[sevendaysvt.com/personals](http://sevendaysvt.com/personals)  
where it's always  
FREE to post a  
profile!

[sevendaysvt.com/personals](http://sevendaysvt.com/personals)



# SEVEN DAYS Jobs

YOUR TRUSTED LOCAL SOURCE. SEVENDAYSVT.COM/JOBS



## ATTENTION RECRUITERS:

POST YOUR JOBS AT  
PRINT DEADLINE  
FOR RATES & INFO:

SEVENDAYSVT.COM/POSTMYJOB  
NOON ON MONDAYS (INCLUDING HOLIDAYS)  
MICHELLE BROWN: 802-685-7020 X21  
MICHELLE@SEVENDAYSVT.COM



## Lead Line Cook

Your round position at busy waterfront restaurant. Sauté, grill and fry cook experience mandatory. Excellent pay and great work environment.

Apply in person at  
Shore on the Shore  
181 Battery St.,  
Burlington, VT.



## Calling All Night LPNs!

Open caring for one patient  
and earning good money sound  
attractive to you?

We are seeking reliable people  
duty night nurse(s) for a  
special 16-year old girl. Our  
comfortable home is located  
35 minutes north of Burlington.  
Some duties include:  
continuous tube feeds, CPR &  
respiratory management.  
Ability and desire to give TLC  
is required.

Current night shift openings:  
Thursdays and Fridays  
\$30 \$0/hour  
Saturdays - \$23 \$0/hour  
All night shifts are 9:30 p.m.  
to 9:30 a.m.

To apply: Please call  
802-693-6466  
or e-mail us at  
nursingall@jpsat.com

## Howard Center

How we strive to improve the world: In support  
of children, adults, families and communities

## Stay Careers in Chittenden County

Do you live in Chittenden County and want to make a difference in someone's life?

**HOWARD CENTER'S SHARED-LIVING PROVIDER PROGRAM**  
matches people with developmental disabilities with individuals,  
couples or families, to provide a home, day-to-day assistance and  
individualized support needs.

A generous, flexible stipend and  
respite budget provided to enable  
most Shared-Living providers

To learn more about these  
exciting home-based  
careers, please contact  
Marissa Hamilton, HR Manager,  
at 802-488-6571

Visit [www.howardcenter.org](http://www.howardcenter.org)  
for more information on employment opportunities.

Howard Center is an Equal Opportunity Employer.  
Minority and women are encouraged to apply.  
We are proud to be an equal opportunity employer.  
Minority and women are encouraged to apply.



## Obava Zedek Synagogue is seeking a Principal for Supplemental Hebrew School

The school meets twice weekly and has a student body of 99.  
The position is full time.

Candidates should possess superior communication skills, be able to  
articulate in a clear voice a deep Jewish education, possess a strong  
knowledge of Judaism, including Halacha and synagogue customs, embody  
exceptional faith and demonstrate outstanding ability to inspire, lead and  
support the teaching staff and the community of parents and students.

Tasks include: recruiting, recruiting development, teaching, leading and supervising  
teaching faculty, planning and evaluating budgets, helping to lead weekly  
Shabbat and Jewish festival and other child centered holiday events.

Send career letter, resume  
and compensation requirements to  
[joe@obavazedek.com](mailto:joe@obavazedek.com) or fax (802) 864-0235.



## Part-Time Medical Assistant

needed for local Stowe medical office. Flexible  
days. Must have computer skills and basic  
medical assistant skills. Reply to 802-316-6999.



## Help shape the future of ECHO!

## Director of Marketing and Communications



ECHO Lake Agassiz and Science Center, located  
at the Leahy Center for Lake Champlain on Vermont's  
Burlington waterfront, will significantly grow its impact  
through its facility expansion and a broadening of its  
online education strategies over the next three years.  
ECHO seeks an experienced and creative marketing  
professional for the position of Director of Marketing and  
Communications to be a part of this exciting growth.

The Director of Marketing and Communications reports  
directly to ECHO's Executive Director. This position is  
responsible for the development and implementation of  
strategic marketing plans to promote ECHO and  
its mission. The ideal candidate will have consistently  
demonstrated the highest standards of practice –  
striving for excellence, fostering creativity, successful  
brand building and contributing to team efforts.

To apply, email a cover letter and resume to  
[jobs@echovermont.org](mailto:jobs@echovermont.org) with Director of Marketing  
& Communications in the subject field. You also  
can apply via "mail" to ECHO-Director of  
Marketing and Communications Job Search,  
One College St., Burlington, VT 05401.  
For a detailed job description, visit our website  
at [www.echovermont.org](http://www.echovermont.org). The deadline for  
applications is July 5, 2010.

No calls, please. EOE



## COLLECTIONS ANALYST

Seeking highly motivated, self-directed team member to collect, track, analyze and follow through on criminal offenders. Must be able to quickly analyze legal documents and accurately enter information into database. Must be a skilled negotiator and must be comfortable working a high volume of calls and meeting assigned goals. Essential skills include working with varied computer applications, above average verbal and written communication ability to manage large volume of work and schedule priorities, strong math skills, and the ability to meet and exceed individual and unit goals. Flexibility to work with changing job requirements and priorities is essential. This is NOT an entry-level position.

Please send your resume and letter explaining why you would be a great addition to our team to:

VOCES, Attn: RJ Mangan  
55 S. Main St., Suite One  
Waterbury, VT 05676-1599.

No email or phone calls, please. Applications deadline is 6/30/12.

## UNION JACK'S



### FULL-TIME DELI STAFF WANTED

Must have excellent customer-service skills. Some cooking required. Restaurant experience a plus. Over 18 only. Pay starts at \$9.50 per hour. Stop in at 370 Middlebury Road and fill out an application, or call 802-652-9628 to arrange an interview.



### UNEMPLOYED? RETIRED? WANT TO RE-ENTER THE JOB MARKET? PAID JOB TRAINING IS AVAILABLE...

Time while you learn job-specific skills. Must be age 18 or over, income eligible, unemployed.

Website: [AssociatesForTraining.com](http://AssociatesForTraining.com)  
Recruiting, Inc.  
Serving all of Vermont.  
802-616-1107



## PREVENT CHILD ABUSE VERMONT

is seeking a

### MANAGER/TRAINER

to oversee the SAFET program, our preventive education program for middle school students. Candidates must be able to successfully recruit schools, train facility staff and parents, handle administrative details, and work directly with young teens. We are looking for someone with a unique blend of skills and experience that includes collection, social, marketing, sales and marketing. This is a full-time position based in Montpelier, and does include statewide travel. Position is open until filled. Suitable transportation necessary.

Send cover letter, resume and 3 references to:

Executive Director, Search, PO Box 929, Montpelier, VT 05601-9829  
Email: [pcav@pcavt.org](mailto:pcav@pcavt.org) Website: [www.pcavt.org](http://www.pcavt.org)



Virginia's Open House seeks a dynamic **Executive Director** to join our team as our central focus is to grow in a nonprofit community arts center. The successful candidate will have experience in nonprofit management, development, strategic planning, fundraising and grant writing. Excellent personal and written communication skills required. Must be computer and Internet savvy. Arts experience is helpful but not necessary.

For full job description, go to [www.vrgovernmentsuperhouse.org](http://www.vrgovernmentsuperhouse.org) or email [hr@vrgovernmentsuperhouse.org](mailto:hr@vrgovernmentsuperhouse.org)



## recruiting?

CONTACT MICHELLE  
955-1820 x211  
[michelle@sevendays.vt.com](mailto:michelle@sevendays.vt.com)  
SEVEN DAYS



### COMMUNITY HEALTH NURSES

This position will provide skilled nursing services to agency patients based upon a plan of care approved by the physician. In the delivery of care, this nurse will use an evidenced-based model based on current principles of pathophysiology and accepted standards of care. This person will work collaboratively with patients, families, other disciplines and community agencies. Must have a current VT RN license and two years of nursing experience.

### HOSPICE RN

Adirondack County Home Health & Hospice, Inc. is looking for a full-time Hospice Nurse to join our growing team and participate in providing high quality end-of-life care in our newly expanded Hospice & Palliative Care Program. Must have a current VT RN license and two years of nursing experience. Hospice and/or palliative care experience is preferred.

### FULL- & PART-TIME PHYSICAL THERAPISTS:

Qualifications include a current Vermont Physical Therapy license and a minimum of two years of experience, preferably within a rehabilitation program.

Qualified candidates should send resumes to:  
AC/H&H, Attn: Human Resources, PO Box 374,  
Middlebury, VT 05753. Email to: [hr@acchh.org](mailto:hr@acchh.org).  
or apply directly online at [www.acchh.org](http://www.acchh.org).



1. Experienced Sales Associate - fast paced positive work environment

2. A die-hard natural foods for our busy café

Please email for an application:  
[sweetpea@grmvt.net](mailto:sweetpea@grmvt.net)

## Champlain Obstetrics & Gynecology

### Administrative Supervisor

Searching for someone with excellent customer service, organizational, technical, and management skills to lead our Front Desk, Administrative staff, and to perform daily administrative tasks. Must have extensive experience and knowledge of medical practices including check-in, patient registration, telephone scheduling/booking, and patient medical records. Must also have the ability to focus on improving processes and systems to help create the best practice. Knowledge of physician office and surgery scheduling is helpful.

Do you believe that patients' needs come first, and go that extra step to make sure their health care experience is superior?

Do you want to help care for women in a compassionate and respectful environment?

Do you want to work with high-quality and competent physicians?

If so, then we want you!

Please send resume by June 26, 2012 to:  
Priscilla Administrator  
Champlain Obstetrics & Gynecology  
95 Main St., Suite 100  
East Lunenburg, VT 05452  
[office@champlainobgyne.com](mailto:office@champlainobgyne.com)







Champlain Valley Area  
Health Education Center

### Education Resource Coordinator (Half Time With Benefits)

The Champlain Valley Area Health Education Center (Champlain Valley AHEC), a nonprofit organization, seeks a collaborative full-time position to develop, coordinate, and evaluate health care student projects and presentations, support clinical skills and continuing education for health care professionals, lead surveys and studies, and coordinate both cultural competency initiatives and a mental health referral website. A bachelor's degree in education or in a health or related health profession is required. Experience working with culturally and economically diverse populations and teams is highly desirable. Strong presentation, analytic and common citizen skills, program management experience, multitasking, and experience with assets or strengths-based perspectives across cultures are essential. Familiarity with Vermont's health and human services environment is a plus. Grant writing and coordination experience is also desirable. This is a half-time position with a competitive salary and comprehensive benefits based in Jacksonville.

Apply by Monday, July 12 with cover letter, resume, three professional references, and salary requirements to:

Education Resource Coordinator  
Champlain Valley Area Health Education Center  
155 Fairfield Street  
St. Albans, VT 05478  
or send email to  
[info@chamvalleyahc.org](mailto:info@chamvalleyahc.org)

No phone calls, please!

An Affirmative Action/Equal Opportunity Employer



### MEN'S TENNIS COACH (Part time)

Johnson State College invites applications for the position of part-time Men's Tennis Coach. The successful candidate will be in charge of all aspects of the program including recruitment of quality student athletes, retention, fundraising, pre- and post-season conditioning programs, organizing and planning of practices and game strategies, and monitoring academic performance of members of the team.

Bachelor's degree and knowledge of NCAA Division III rules and regulations required; collegiate playing/coaching experience preferred. Send a completed JSC job application (at [www.jsc.edu/employment](http://www.jsc.edu/employment)), resume and cover letter by email to [jchambers@jsc.edu](mailto:jchambers@jsc.edu) or mail to Human Resources Office, Johnson State College, 237 College Hill, Johnson, VT 05656. Final offer of employment is subject to a fingerprint-supported criminal background check.

JSC IS AN EQUAL OPPORTUNITY EMPLOYER AND A MEMBER OF  
THE VERMONT STATE COLLEGS SYSTEM



Customer Care Associate  
Deli Associate  
Marketing Associate

[www.sweetclovermarket.com/jobs](http://www.sweetclovermarket.com/jobs)

### Living & Sons Garage Doors

Living & Sons Garage Doors is looking for installers. This long established family company is offering a full time position in the right candidate.

Send a self-addressed envelope to:  
61 Park Avenue, Milford, VT 05475-4135

### General Laborer

position at green business.  
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802-352-8500

### MAKE A DIFFERENCE!

Known as 3787, Castleton is a college community that values personal interaction with students and among colleagues. You will be appreciated here. You can help make a difference in the lives of our students, and for the benefit of Vermont.

Castleton State College is seeking the following Wellness Center Positions:

**Wellness Center Director** Castleton State College is seeking an experienced individual to direct and coordinate a comprehensive college wellness program, including both health and counseling services and educational programs. This position will provide either direct health or counseling services, develop and implement comprehensive campus wellness education and prevention programs related to student risk behavior. Supervise the provision of the services (either counseling or health) that the director does not provide. Coordinate health and counseling services for individuals and monitor appropriate records.

**Minimum Qualifications:** Qualifications for either the Health Services Coordinator or the College Counselor as stated below, plus supervisory experience, demonstrated understanding of young adult wellness issues, ability to interface with local health and counseling service providers, ability to interface with college community constituents.

This is a full-time, permanent, 36-month position (August 15 to June 15), VSC Grade 13, UP SLIP Beginning Unit Position. Salary is within the VSC salary range for Grade 13 plus an excellent benefits package. Resumes will be accepted until the position is filled.

**College Counselor\*** To direct and coordinate student counseling services, mental health education programs, and mental health assessment and referral, and to provide direct developmental counseling services for individual students.

**Minimum Qualifications:** Master's degree in counseling or related field, with documented desirable, multi-appropriate license or certification, plus two to four years of relevant counseling and administrative experience; or a combination of education and experience from which comparable knowledge and skills are required.

This is a full-time, permanent, 36-month position (August 15 to June 15), VSC Grade 12, UP PG Beginning Unit Position. Salary is within the VSC salary range for Grade 12 plus an excellent benefits package. Resumes will be accepted until the position is filled.

\*Depending on the uniquely qualified and successful candidate, this position could assume the VSC Grade 13 UP SLIP Beginning Unit Position of Wellness Center Director.

**Health Services Coordinator\*** To direct and coordinate the College Health Services Office, providing comprehensive health care and education to students and medical administration support, information and education for other college needs.

**Minimum Qualifications:** RN licensed in Vermont (includes the degree plus two to four years of relevant clinical and administrative experience, preferably in higher education, or a combination of education and experience from which comparable knowledge and skills are required.

This is a full-time, permanent, 36-month position (August 15 to June 15), VSC Grade 12, UP PG Beginning Unit Position. Salary is within the VSC salary range for Grade 12 plus an excellent benefits package. Resumes will be accepted until the position is filled.

\*Depending on the uniquely qualified and successful candidate, this position could assume the VSC Grade 13 UP SLIP Beginning Unit Position of Wellness Center Director.

Applicants should forward an exploratory application form found on [www.castleton.edu/maac](http://www.castleton.edu/maac), cover letter and three references to Office of Human Resources, Castleton State College.

Castleton, VT 05745. Candidates must be willing to relocate to a Vermont background check. Any offer of employment is contingent upon the satisfactory results of this check. Castleton State College is an Equal Opportunity Employer.

**Castleton**  
A VERMONT STATE COLLEGE



### DOWN OF SHILSHIRE Parks and Recreation Swim Lesson Instructor

Seeking certified Swim Lesson Instructors to supervise and instruct group swim lessons for children ages 3 to 12 based on the American Red Cross Curriculum. Classes are held at Shilshire Town Beach on scenic Lake Champlain. This is a temporary two week position starting July 1st and ending July 15th. Lessons are 3 to 45 min. in length. For inquiries, schedule an interview or Shilshire Recreation PO Box 50, Shelburne, VT 05484. Call or e-mail for more info. Full job description will be come soon.

**Preschool teacher position available.** Early childhood or comparable degree required. Please call Crystal at The PlayCare Center of Keeneland for more information, 802-454-3691 ext. 108



**WOMEN, MINORITIES AND PERSONS WITH DISABILITIES ARE HIGHLY ENCOURAGED TO APPLY**

### Library Assistant

The Fletcher Free Library is looking for a Library Assistant. This is a 30-hour part-time position that is responsible for performing patron service and general clerical work at the Circulation and Acquisitions Departments of the Library. The ideal candidate would possess a high school diploma and two years of experience in a public service setting or an equivalent environment.

For a complete description, or to apply, visit our website at [www.fletcherlib.org/borough111](http://www.fletcherlib.org/borough111) or contact Harriet Resnick at 802.863.7145. If interested, send resume cover letter and City of Burlington Application by June 30th to: HR Dept, 131 Church St., Burlington VT 05401. EOE

Howard Center

### Child, Youth and Family Services

**INTERVENTIONIST - COMPREHENSIVE CARE - ANAKE OVERNIGHT** Seeking a dynamic individual to join our Comprehensive Care program. The Janet Howe serves 6-14 year old children who are experiencing an acute mental health emergency or are in need of respite services. Duties include: assessing the situation and residents throughout overnight hours; resolving conflicts; documenting and/or preparing reports; medication administration and monitoring the daily living of the children in care. Required: Applicants must be comfortable working with a crowd, manage a population with many and multiple diagnoses. This is 40 hr/week position that may include weekends. Experience working with children is required, preferably youth with behavioral challenges.

### Developmental Services

#### SAFETY CORRECTION RESPONDER (2 POSITIONS)

Excellent opportunity to provide emergency response support for the Safety Correction program. Candidates must have a working knowledge of support individuals with a developmental disability who live independently in the community, a valid drivers license, a car and must live in the Burlington area. Responsibilities include the ability to respond quickly and appropriately to client emergencies, take direction, and work as member of a support team. This temporary, contractual position offers a monthly stipend for borough-call coverage and generous hourly compensation for hours worked between 6 p.m. and 7 a.m. Please email resumes to Jan.Rosier at [jane.rosier@howardcenter.org](mailto:jane.rosier@howardcenter.org)

#### SPECIALIZED COMMUNITY SUPPORT WORKER

Recent HS grad seeks 20 hours of support in the Burlington area. This 21-year-old enjoys social activities, music performance, and equipment reuse, and computer games. The ideal candidate must appreciate humor and have a positive attitude. Candidates must use ASL for this benefits eligible position.

#### TRAINING SPECIALIST

Employing 19 year old man who is building independent living skills needs 22 hours of on the job and community based support in the Essex area. Ideal candidate is a near-guarantee male who has knowledge of local activities and resources and will offer appropriate support and encouragement. Benefits eligible morning hours.

### Mental Health and Substance Abuse

#### COMMUNITY SUPPORT CLINICIANS

Seeking energetic, compassionate and organized clinicians to support persons with serious mental illness in recovery. Be part of a multidisciplinary team providing cognitive problem solving, advocacy, case management, counseling and crisis support. BA or master's degree in related field and experience with persons with serious mental illness preferred. Join our fun and dedicated team in making a difference. Full-time, excellent benefits.

#### SUB - RESIDENTIAL COUNSELORS - MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

On the job training. If you have experience and compassion, we need you to work in our residential programs with adults who are considered to have mental illness and substance use disorders. Flexible shifts - day, evening, sleep and awake assignments.

Visit [www.howardcenter.org](http://www.howardcenter.org) for more details and a complete list of employment opportunities.

Howard Center is an equal opportunity employer. We invite people whose resumes indicate a disability to apply. 504 C.V.T. We offer competitive pay, comprehensive benefits package, supported employees.

### FLEXIBLE BENEFITS PLAN ADMINISTRATOR

Third-party Administrator in Williston seeks a responsible, motivated, analytical individual for administration of flexible benefit plans. Confidentiality and high level of sensitivity a must. Must have strong computer skills. Bookkeeping background preferred. Experience in medical, dental and vision insurance a plus.

Send  
[lena@futureplanningassoc.com](mailto:lena@futureplanningassoc.com)

or mail to  
**Future Planning  
ATTN: Lena  
Associates, Inc.  
P.O. Box 906  
Williston, VT 05495.**

### Retail & Phone Sales Associate Westfield, VT

Small Dog Electronics seeks a dynamic Apple enthusiast to join our retail & phone sales staff in the picturesque Mad River Valley!

- Qualifications & Requirements**
- A strong commitment to customer service
  - Knowledge of and passion for Apple products
  - Strong writing skills for customer correspondence
  - Superior availability and a flexible schedule

- Responsibilities**
- Managing workflow at retail environment, which also includes a full-service cell repair
  - Small entrepreneurship and special contributions to our monthly retail newsletter and blog
  - Providing the best customer service experience before, during and after the sale

• Email resume and cover letter to [jobs@smalldog.com](mailto:jobs@smalldog.com)



**Small Dog  
Electronics**  
People 1st. Gear 2nd.

Westfield, VT location opening soon!  
For more job openings, visit [smalldog.com/careers](http://smalldog.com/careers)  
[www.smalldog.com](http://www.smalldog.com) • Apple Authorized



**Health Law Paralegal/  
Counselor**

Vermont Legal Aid seeks a full-time advocate in its Health Care, Child Abuse Program located in Rutland. Required education includes: college degree and studying completed with questions from Vermont regarding health care law issues; representation of beneficiaries in administrative hearings; responsibility for data records and related clinical duties. Must be able to work in a team manner doing extensive telephone work in a busy environment. Your health care or advocacy experience, knowledge of computer desirable.

Excellent a degree or equivalent experience required. Strong salary \$28,500. Some travel paid vacation and excellent fringe benefits. Send cover letter, resume, references and writing sample by Wednesday, June 30, 2010 to:

Kate Ardolino, Executive Director, c/o Sandy Dunn  
Vermont Legal Aid, P.O. Box 1367, Rutland, VT 05701  
Equal Opportunity Employer - women, minorities  
and people with disabilities encouraged to apply

**Statistical Team Leader  
Vermont Oxford Network**

The Vermont Oxford Network is a nonprofit research organization with more than 850 member hospitals worldwide. The Network's mission is to improve the quality and safety of medical care for newborn infants and their families through a coordinated program of research, education and quality improvement. We offer an excellent work environment and competitive benefits.

**Job Responsibilities:**

- Managing the statistical reporting functions of the organization
- Providing comprehensive annual reports of procedures and outcomes for each hospital member including graphical and tabulated reports produced using Base SAS (proc tabulate, proc report), the SAS macro language, SAS/Graph and SAS/Stat.
- Maintaining and improving the web-based reporting system for members to dynamically view comparative reports
- Applying validated statistical methods to quality improvement reports for members
- Managing the day-to-day work of two statistical team members
- Coaching and supervising the implementation of analytic plans and protocols for Network clinical trials and observational studies
- Developing, validating and improving the statistical methods of the network using standard and biomedical models with risk adjustment
- Assisting in the preparation of grant requests and contributing the conduct of analyses by members of the research team.

**Job Qualifications:**

- Advanced SAS programming including the SAS macro language SAS/Graph and SAS/Stat.
- Hierarchical modeling of categorical and continuous outcomes
- Research planning
- Excellent organizational, analytic, communication and writing skills
- MS Statistics or Biostatistics

Please mail or email your resume and cover letter to:

Vermont Oxford Network  
33 Kilburn St.  
Rutland, VT 05701  
[mail@vtonline.org](mailto:mail@vtonline.org)

**HIGH MOWING**  
*High Mowing Seeds*

High Mowing Seeds, a 100% certified organic firm and mail order seed company located in Walscott, Vermont is looking for an Accounting Manager. This is a hands-on position that entails both bookkeeping and accounting functions.

We are looking for a candidate with a degree in accounting and 5 years of accounting experience who has the ability to manage financial details while maintaining an understanding of the big picture.

The Accounting Manager position is a full-time, year-round position that provides a great opportunity to be a part of a growing company that is leading the way in organic seeds. Please find job description at [www.highmowingseeds.com](http://www.highmowingseeds.com).

Email resumes to [email@highmowingseeds.com](mailto:email@highmowingseeds.com)

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[sevendaysvt.com](http://sevendaysvt.com)

**Restorative Justice Specialist**

Part-time position to play a central role in the continuing growth and development of the Essex CJC. Experience in working knowledge of the criminal justice and human services systems for youth and adults. Committed to restorative principles and practices as an approach to crime and conflict. Education in human services or criminal justice field as well as experience supporting volunteers preferred.

If interested, please email resume to:  
[delia@essexjc.org](mailto:delia@essexjc.org)  
by July 6

**ADMISSIONS**

Seeking dynamic individuals to join our existing team. Responsibilities include developing a strategy and proper management plan, planning and executing an extensive travel plan in designated geographic areas, interviewing and assessing prospective students and faculty, managing and evaluating admissions applications, and representing the university at on- and off-campus sponsored programs.

**COMPENSATION SPECIALIST**

Provides overall management of compensation practices. Plan, develop, and implement new and revised compensation programs, policies, and procedures in order to be responsive to the university's goals and competitive positions. Ensure that compensation-related policies and pay practices are legally compliant.

**MATHEMATICS**

Open positions for lecture and/or adjunct faculty. Possible teaching assignments: pre-calculus, calculus (differential and/or multivariable) or elementary statistics. Requires a master's degree in math or closely related field.

**ENGLISH**

Seeking adjunct faculty to teach composition courses. Must have MA in English or MFA in writing.

Please visit our website [www.norwich.edu/jobs](http://www.norwich.edu/jobs) for further details and information on how to apply for these and other great jobs.

Norwich University is an Equal Opportunity Employer.



## Research Analyst



lege graduates who is self-motivated, a clear and logical thinker, detail oriented and possesses strong research and writing skills. Prior experience in real estate is not necessary. A strong drive and hunger for learning are essential. This position provides the ideal candidate with significant growth potential.

To apply for this position, please send a cover letter, resume, salary history and LinkedIn profile to [careers@whiteandburke.com](mailto:careers@whiteandburke.com) by July 1, 2010. We respond to qualified candidates.

Real estate investment advisors **White + Burke Inc.** are looking for a talented entry level professional to join the team. This unique position provides the opportunity to learn about consulting and real estate development from highly skilled professionals.

This position provides an interesting blend of research, writing, client interaction and administrative duties. The ideal candidate is a recent col-

## COMPUTER-BASED PROFESSIONAL ASSISTANT

Part-time contractual position for up to 34 hours per week providing primarily computer-based accommodations for a blind professional.

Work will be based from home or remote position with limited office support weekly that have some computer with high speed Internet access. Must have strong skills in Microsoft Office applications, Internet use, email and data entry. Must have ability to meet deadlines, maintain strict confidentiality and have some flexibility in schedule. Experience with individuals with disabilities and providing accommodations preferred.

To apply send resume and cover letter to:

**Mark Cicciola**  
108 Cherry Street, Suite  
200, Burlington, VT 05401.

Deadline to apply is July 7, 2010

## HVAC Service Technician



Wormen Energy Contracting and Supply Co. is currently accepting applications for an experienced heating and air conditioning service technician in a residential/light commercial setting. Candidates will have a minimum of 5 years field experience and appropriate licenses and certifications.

We offer competitive wages, paid vacation and holidays, medical and dental insurance, tool and training account, and a retirement plan.

Please email your resume to [barbera@wormen.com](mailto:barbera@wormen.com)



*We exist to make a difference in the lives of women. We are passionate about growing the community of women who are inspired to live a better life.*

## Accounting Assistant (Part Time)

Responsible for various accounting duties such as invoice and credit memo processing, accounts payable entry and cash receipts processing. Morning hours: 20-25 hours/week, accounting and Excel experience, strong data-entry skills, and attention to detail required. Seeking enthusiastic and positive team player who is comfortable working in a fast-paced environment.

Send resume to: [jean.kosow@uniforwomens.com](mailto:jean.kosow@uniforwomens.com)

## LYNCON Assistant Director of Admissions

Lyncon State College is seeking a creative, energetic individual to plan and coordinate on-campus admissions events and oversee and further develop the student ambassador and on-campus tour programs.

Candidate must be a self-starter and team player, with the ability to prioritize and set projects through to successful completion, and to interact effectively with various internal and external constituencies, including faculty, staff, current students, prospective students and their families. Bachelor's degree, with master's degree in student personnel services or other appropriate discipline desirable, plus three to five years of relevant experience. Some evening and weekend work, limited travel. Must have a valid driver's license and a satisfactory driving record.

Compensation package includes an anticipated starting salary of \$30,000 and a generous benefits package, including 20 paid vacation days, personal and medical leave, 14 paid holidays, a comprehensive insurance package, and TIAA-CREF retirement plan equating 12% of annual salary.

To apply submit a mandatory Lyncon State College application for employment (available on the Lyncon website: [www.lynconstate.edu/employment](http://www.lynconstate.edu/employment)), cover letter, resume, and letters and contact information for three references to: Office of Human Resources, Attention: Sandy Foster, Lyncon State College, P.O. Box 950, Lyndonville, VT 05855. EOE



## American Red Cross

### REGIONAL CHIEF EXECUTIVE OFFICER (CEO)

The Vermont and Upper New England Region of the American Red Cross headquartered in Burlington, VT, seeks a dynamic, collaborative and experienced executive to ensure consistent and responsive delivery of high-quality American Red Cross services based on locally assessed community and donor needs and objectives. The Regional CEO serves as the chief fundraiser for the chapter ensuring the effective delivery of national, regional and chapter goals, and is responsible for total chapter performance, including building financial resources adequate to meet chapter needs. As the Regional Chapter Executive, this individual also has responsibility for building capacity and presence within a group of three community chapters, establishing a strong commitment of collaboration, consensus and service within the regional grouping, identifying opportunities for delivery of resources ensuring that there are regional strategies that build service delivery, communications, partnerships and fundraising capacity throughout the group, and ensuring overall compliance with American Red Cross performance standards guidelines.

To be successful in this position, candidates must have a BS/BA in business administration or related field, plus eight years related experience as an equivalent combination of education/related work experience. Prior nonprofit leadership experience and strong operational and problem solving skills strongly preferred. Proven team building and personnel management skills are a plus. Must have significant experience and a proven track record in fundraising including a successful record with major gift fundraising. Must have excellent interpersonal and collaborative skills and possess decisive, innovative, and proactive decision making with strong strategic vision and implementation skills. Applicants with strong ties and relationships with Vermont and New Englanders preferred.

In return we offer an opportunity to make a difference in your community, as well as a competitive salary and a solid benefits package. Interested and qualified candidates should submit resume to: [Patricia.schmitt@redcross.org](mailto:Patricia.schmitt@redcross.org). Resumes must be received by July 9, 2010.



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## Burlington School District

### Chittenden Central Supervisory Union

### Chittenden East Supervisory Union

### Chittenden South Supervisory Union

### Franklin Northeast Supervisory Union

Apply online today at [www.schoolspring.com/sud](http://www.schoolspring.com/sud)



### Home Provider Opportunities

CCS is seeking individuals or couples to provide residential supports to individuals with developmental disabilities. The following positions include a generous stipend, paid time off (sick/leaves) and ongoing support.

A kind, humorous, non-verbal gentleman in his 40's is seeking a home with an outgoing person who enjoys being involved in the community and in social settings. Due to severe allergies, the home cannot have pets. This active individual loves music, walking, and going to the library.

An independent young woman is seeking an active, energetic, female roommate who can assist her in accessing the community, learning to increase her independence and addressing her medical needs. She enjoys cooking, keeping in touch with online friends, socializing, fashion and is interested in continuing education.

A good humored, intelligent man is seeking an individual to share his home in Winooski. The ideal candidate will support him in his social life, accessing his community and maintaining his job.

If you are interested in taking advantage of this opportunity, please contact Al Fragoletti at [alfragoletti@ccs-vt.org](mailto:alfragoletti@ccs-vt.org) or 802-655-0911 x108. EOE

512 Troy Ave., Suite 1  
Colchester, VT 05444, 655-0911  
[www.ccs-vt.org](http://www.ccs-vt.org)



### SALES POSITION

Marshfield, Vt.

Mix white and blue collar work at small firm, growing salvage lumber company.

Seeking outgoing, confident individual for sales position at innovative eco-builder and architectural millwork company. Combine office work in family barn with physical labor at lumberyard 20 minutes east of Montpelier 20-40 hrs/week, flexible. Base pay \$10-12/hr, plus sales commission (net +/- \$10/yr). Will train right person.

**Tasks** - Sales; Management of entire sales cycle from cold call to quotes to closure. Ongoing communication and customer development with high end architecture and interior design firms, mostly in NYC.

\* Manufacturing: Subcontractor coordination and hands on order processing. Lumberyard tasks include sorting and stacking wood, wood sample creation, product delivery.

**Skills** Most importantly strong social skills, go getter, comfortable with problem resolution. Attention to detail a must. Familiarity with carpentry and basic architecture. Mechanical experience a plus. Capable of occasional spontaneous Friday lunch BBQ'ing.

Please send cover letter, resume and three references to [parker@butterandwood.com](mailto:parker@butterandwood.com). For more info on company see [www.butterandwood.com](http://www.butterandwood.com).

### Mid-Level Sales Positions with Dynamic Fashion Brand

Her Look Enterprises, the company behind the commanda Engine brand sold in high-end boutiques and department stores worldwide, is seeking to add to its sales team. We're looking for highly motivated, proactive individuals who thrive on building relationships with customers and generating new business.

The positions require 2-3 years of successful sales-to-business sales experience and the ability to travel to trade shows and key industry events as needed. A strong interest in the fashion industry is a must.

Interested candidates please forward cover letters, resume and salary requirements to: [ajparker@herlook.com](mailto:ajparker@herlook.com)

*Her Look Enterprises is an Equal Opportunity Employer*

**commanda.**  
better into it



### Executive Assistant - Secretary of State

Care help the Office of the Secretary of State promote democracy in Vermont! This full-time plus position designs and implements voter and civic education programs for Vermont in an effort to increase awareness and participation at all levels of government. Projects include: civic programs in the elementary and middle schools that focus on the history, geography and government of Vermont; programs for Vermont's middle and high schools on the legislative process; a poster and essay contest to promote an appreciation of Vermont's unique history, culture and constitution; voter education in high schools and an college campuses; and programs designed to encourage Vermonters to vote and to volunteer for municipal public service.

The ideal candidate for this job will have a commitment to civic engagement for all, the energy and creativity to reach citizens in nontraditional ways; the skill to organize and carry out several projects at once; and the ability to supervise interns. A bachelor's degree plus two years experience in education or the political science field are required. The job is located in Montpelier with limited travel and a flexible schedule. This is an exempt position with full state employee health and retirement benefits.

A more complete job description can be found at [www.careers.vermont.gov](http://www.careers.vermont.gov).

The job reference number is 27113.

Send resume and cover letter directly to Linda Hall via email: [lh@vtsec.state.vt.us](mailto:lh@vtsec.state.vt.us).

For more information call (802) 655-0586.

Application deadline: Open until filled.

The State of Vermont is an Equal Opportunity/Affirmative Action Employer. Applications from women, individuals with disabilities, veterans and people from diverse cultural backgrounds are encouraged.



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Cathedral Square Corporation, a nonprofit organization providing housing and services to children throughout Vermont, is seeking the following:

## Resident Assistant

Seeking per diem Resident Assistants to work on our beautiful Antietam Living Residence. They will assist residents with activities of daily living and assist the Resident Service Coordinator with conducting resident activities. Day, evening and night shifts available.

CSC offers a competitive salary and a friendly working environment.

Submit resume or application to:  
CSC, Human Resources, 912 Farrell St., Suite 100,  
South Burlington, VT 05403,  
or fax to: 802-863-6661,  
or email to: [jobs@cathedralsquare.org](mailto:jobs@cathedralsquare.org). EOE

## Community Justice Project Case Manager

Hyde Park Community seeks a 20 hour per-week case manager to work on a family centered, strength-based program for children and families impacted by incarceration. The successful candidate will demonstrate exemplary excellent communication skills, and the ability to build successful relationships. Knowledge of child development, family dynamics, and community resources is essential. Work will take place in homes, schools and the community. The successful candidate will collaborate effectively, work well with teams, be flexible and creative, and possess a well developed sense of humor. Minimum qualifications include a bachelor's degree and five years of direct service work with families.

## Youth Justice and Truancy Social Worker Position

Do you see the glass as half full? We are seeking a self-directed professional to join our team-oriented nonprofit based in Hyde Park. This 30 hour per-week position offers growth potential for someone possessing strong communication skills, and experience with school and family systems. Responsibilities include direct work with students, families and schools to improve school attendance, and individual case work with youthful offenders engaged in intensive justice programs. Work will occur in multiple settings including the office, homes, schools and the community. The successful candidate will be flexible and creative, and possess a well developed sense of humor. Priority will be given to candidates with a master's degree and experience in the field.

Individuals interested in either position should send their resume, with a cover letter, to the following email address: [LCCORP@psnet.com](mailto:LCCORP@psnet.com).

Applications will be accepted through July 5. LCCORP, Inc. is an equal opportunity employer. More information about LCCORP is available at: [www.livesite.com/careers/csm.cfm](http://www.livesite.com/careers/csm.cfm)

## Program Manager, Community Programs

Contribute your talents by joining a team of dedicated, caring individuals in a friendly, professional work environment. The National AS Society Greater New England Chapter has a full-time job opportunity in our Williston, VT office.

### Position Summary:

The candidate is responsible for the overall coordination and implementation of community programs as assigned by the Program Director. Community Programs, N/AS also implements specific advocacy activities, as identified by the chapter's Advocacy Manager to improve public policy that affect individuals with MS. The Program Manager works closely with chapter staff and volunteers to coordinate the local chapter programs and services. These activities identify and supply community resources and provide education and support to individuals and families coping with MS, and to health care professionals who care for them.

### Requirements/Qualifications:

- Bachelor's degree in social work or other related allied health profession preferred. Applicants with bachelor's degrees in other areas with applicable prior experience may be considered.
- Five to three years of previous work experience.
- Proficient in Microsoft Office and Internet.
- Effective oral and written communication skills.
- Strong organizational and motivating skills.
- Ability to work effectively with laymen and health professionals.
- Availability to work weekends and evenings.
- Ability to lift a maximum of 40 pounds.
- Valid driver's license and dependable transportation.

N/AS Greater New England Chapter provides a complete benefits package including health and dental insurance, 401(k) and life insurance, retirement programs and vacation time.

Please send cover letter in duplicate and salary requirements to:  
[jobs@naseung.org](mailto:jobs@naseung.org) Salary determined with experience.  
EOE M/F/V/D

## POSITION AVAILABLE

# Economist

**Economic & Policy Resources** is seeking a motivated individual to join our team full time in the position of Economist. This position involves working in a team environment to conduct the company's economic research for the public policy consulting practice. The company's practice includes project work across the U.S. in economic development, impact analysis, housing and litigation economics. Duties include interacting with clients to understand and interpret their needs, electronic research, building economic and financial models to meet client needs, undertaking statistical analyses and interpreting results, using spreadsheets and other statistical impact assessment software, policy analysis, drafting of written technical memos/reports. This position requires attention to detail and ability to work with other team members toward common deadlines and goals on multiple projects. Applicants should have a graduate degree in economics or a closely related field. Prior working knowledge of research and econometrics, fundamental skills of impact/output analysis, sound research methods, statistical financial analysis and knowledge of current economic data sets is preferred.

Reply by submitting a resume and reference list by mail P.O. Box 5666, Williston, VT 05495-1666, or email [info@epresources.com](mailto:info@epresources.com). Please insert "Economist" in the subject heading if replying by email.

## Join a Single People Retirement Plan

Like Cook Warrant? Call today to experience the many joys of working with challenges and passion.

Please email resume to: [singlerep@kelly.com](mailto:singlerep@kelly.com)

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Call Now: 800.999.1000



## Kelly Services is hiring for numerous positions including temporary and temp-to-hire positions

Office work, administrative assistants, receptionist and clerks

Warehouse operators

People with experience with working with individuals for a great fit

Warehouse/material handlers

Production workers in Perthburg.

Email your resume to: [kelly@kellyservices.com](mailto:kelly@kellyservices.com)

or mail to:

Kelly Services

50 W. Main Street, Suite 3

Burlington, VT 05401

Questions? Call 800-468-3673,

fax 802-554-6978.

**KELLY SERVICES**



**Leaps & Bounds** is looking for motivated, flexible team players to join our growing childcare team at our Essex and Williston locations. Must have experience, education and a sense of humor! Pay based on education and experience.

Contact: Brian at 802-875-2821 or brian@leapsandbounds.com

## COMMUNITY INCLUSION FACILITATORS

Champlain Community Services is seeking dynamic and dedicated individuals to support adults with developmental disabilities in a one on one setting to help them achieve their goals both socially and vocationally. Enjoy each working while making a difference in your community and in someone's life. We are currently hiring for two part time, fully benefited positions.

If you are interested in joining our diverse team please contact Karen Cochran, extension 101 or mail@ccs-vt.org

Champlain Community Services  
512 Troy Avenue  
Colchester, VT 05446  
(802) 655-0511  
Fax: (802) 655-5207  
EOE

  
Champlain Community Services

## ATTENTION RECRUITERS:

POST YOUR JOBS AT [SEVENDAYSVT.COM/JOBS](http://SEVENDAYSVT.COM/JOBS) FOR FAST RESULTS OR, CONTACT MICHELLE BROWN: [MICHELLE@SEVENDAYSVT.COM](mailto:MICHELLE@SEVENDAYSVT.COM)

## Physical Therapy Job Openings

### Physical Therapist

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## I AM ON A MISSION. THIS IS MY RELIGION. I BELIEVE WHAT WE DO HERE KEEPS FARMERS FARMING.

ROBERTA MACDONALD  
SENIOR VP OF MARKETING  
CABOT VERMONT

the Arts and the Red Pandemonium — is the state's first marketing director. Before moving to Cabot in 1983, MacDonald built the state's original database of Vermont-based companies and launched research on marketing the Vermont identity.

The *in situ* of Vermont Sen. Mark MacDonald — "I married him for the granite upgrade for beautiful kids, and get there," she says — MacDonald is now single and known in Burlington. She recently spoke in seven states about why she's so passionate about Cabot's 1280 farmers' company. In a nutshell, says MacDonald, "I wasn't here. I wasn't a pig in Vermont. I got the farmers. They're my mission."

**SEVEN DAYS:** When you joined Cabot in 1988, it was in the dark ages from a marketing standpoint.

**ROBERTA MACDONALD:** It had a VP of marketing, but the guy was a sales guy. That's obviously what companies do. They call them VPs of marketing and sales, but they're really salespeople, so that means they're selling what the company makes. Marketing, fundamentally, is finding out

what people want. So they're very different sides of the brain, in my opinion, and they [require] very different personalities.

**SB:** Did your job change much when Agri-Mark came in?

**RM:** Agri-Mark came in. They brought optimism... They brought stability. They brought more farmers. We were a dwindling number of 400 [farmers]. They brought in a family of more than a thousand, actually. You would think a new CEO would bring in a new staff, but he kept absolutely every one of us.

**SB:** Agri-Mark wasn't used as a large corporation taking over?

**RM:** You say "corporation," but I say it was just a bigger co-op. They were three times larger than us, but they were also light years ahead of us in their financial position. So, it's very weird to me that Agri-Mark is perceived as that big corporation, when all it is in farmers from all over New England and upstate New York.

**SB:** What are your thoughts on the Vermont Seal of Quality?

**RM:** When I came into the Xerox job — what you had was this vibrant awareness of Vermont, whether it was from New Yorker cartoons or the really cool people who spread folkie. But you are very few markets of Vermont on [product] labels. So all we do was quantify in major markets in the Northeast that there was value in the name Vermont. I don't recall, "Let's think Vermont first, and we have all these little submarkets" but there's so much more we can do together.

**SB:** Should the state be more vigilant about policing the Vermont brand?

**RM:** We've done enough consumer testing over the last 20 years [to know] that, because there's no awareness building around [the seal of quality] — there's no touring, there's no featuring your research programs, there's no PR behind it — it has absolutely no meaning. Therefore, all that effort, the publicity dollars tied to the seal of quality are spent on regulation. It's the right idea, but, like a lot of good ideas, it's a mandate to wait out research.

**SB:** Has the Agency of Agriculture been helpful in getting the Cabot name out there?

**RM:** It's not their job. Not for Cabot. I think [Secretary of Agriculture] Roger Albano would tell you that Cabot does more to help other companies than [the state] possibly could... There are not funds the state chooses to allocate, even though our efforts contribute to the farms and meals for 100,000 more than the engine, not agriculture.

**SB:** Is Cabot sold nationwide?

**RM:** Well, we think so. When I say "nationwide" someone is just a specialty store in Wyoming.

**SB:** And you're new on the continental shelf?

**RM:** My brother-in-law, who is an *her* Lungs, the Irish air, and the snowflakes were warning passengers that the cheese might be too sharp for their taste [laughs].

**SB:** One message from your presentation was "A rising tide raises all boats."

**RM:** Amen.

**SB:** Why is Cabot's fate tied to smaller Vermont companies?

**RM:** Because we're a co-op. It's the parent form of democracy, allowing [a] consensus with transparency. Consensus says that everyone shares in the profits. They recognize a community interest that very few companies do. We're not going to be sold to [Group Danone, owner of] Danone, like Stonyfield, or Unilever, like Ben & Jerry... As long as there are farmers, we're here to stay.

**SB:** In 2007 you had a serious PR challenge when Cabot had to plead guilty to violating the Clean Water Act.

**RM:** You mean the ammonia spill? We didn't have to plead guilty. We were guilty. We felt horrible about it.

**SB:** How'd you deal with that from a PR standpoint?

**RM:** When you have an employee with the greatest intentions in the world [who] violates safety and protocol, [who] does everything wrong for the right reasons, you step up. You say, "We did this." And

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## The Big Cheese

hunch the beauty of it... We found all these disparate community groups and people trying to make a difference—and put our resources to collecting them, so much so that we got an environmental stewardship award just two months ago from the Agency of Natural Resources... It's what did right by that number. Anyone can screw up, but you have to own it.

### SD: What's the biggest mistake Vermont companies make?

RM: Well, they sell out and leave their neighbors behind. I hate that... The Bible According to Roberts includes human obligations. When you forget your roots and forget who had funk in you first, you cut

or hair dry. The clothes are pirated. They're not steady... It's very reflective of my vision.

### SD: How does that style go over in the corporate world outside Vermont?

RM: I think the world is changing insofar as those superficial judgments, for the most part. I do find that I'm probably the most quickly embraced person at any meeting. I mean, I'm very embraced. There's something so refreshing for people that there is no [artificial] collar that comes from the pastures I feel for the farmer-owners. I am on a mission. This is my religion. I believe what we do here keeps farmers farming. And their community depends on the success of all the contributors to that community. Hence all these companies try to bloom.



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There's no holiday. Here's that gonna sound? They're gonna say you dropping and I never did.

### SD: Isn't speaking your mind an asset especially when you represent farmers, who are inherently no bullshit kind of people?

RM: Asset? And they recognize me as an acquired taste... There's no milkmap

### SD: Do you have unachieved goals for Cabot?

RM: When we were in our worst financial shape, Brown owned a single digit percentage of the company. The rest was debt. We're now approaching a 50 percent equity position... The thing I'd love to do is my mission is make sure the debt is less than 25 percent. There'd be so cool, so full circle. ☺

it can be expensive and a general pain in the ass to be a vegetarian in an omnivorous world. I realized there are plenty of vegetarian foods I enjoy, especially if I can be guaranteed they are safe for me.

What I didn't learn was what could make it worth the hassle. I love animals as much as the next person. James and I are established vegetarians.

But when you need meat, you need

meat. My father once asked me if I would eat "long pig" and I had to think hard. Under circumstances that dictate cannibalism, or even if I happened on a Temple of Doom-type transgression on some dark part of the globe, my gutters would be about the possibility of disease transmission, not the ethical issues. So will my affection for my fellow creatures stop me from digging into a ham or a leg? Never. ☺

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# music

## Plucked From Obscurity

Local luthier Craig Anderson is ready for his close-up

BY BRIAN WALLSTON

**C**raig Anderson sold the first acoustic guitar he ever built — what was left of it — for a hundred bucks. It was made of stone, a solid-colored wood that he calls the dirt pink. In what it's cut. The wood was "kinda flakey" as Anderson remembers it, but the guitar looked good and played in tune. It ended up as a craft show, where the first time the display lamps reduced the instrument to scrap.

That was some dozen years ago. Archery-smoker by trade — and a part-time folk musician — Anderson looked at about 90 used stringed, flutop acoustic, largely as an exercise in being received through word of mouth. The relatively modest output hardly represents the effort and expense he has put into learning how to build guitars from scratch.

"Up until now, I've been kind of poking along, trying to find my market," says Anderson, 38. "One thing I haven't done is sought out people to build for."

That will change next month, when he joins more than 125 luthiers from around the world at the Montreal Guitar Show in its fourth year; the MGS has grown into one of the premier North American showcases for makers of custom acoustic and electric guitars. The three-day event overlaps with the final weekend of this year's International Jazz Festival, and is expected to attract 20,000 players and collectors.

Anderson, who calls the 2000 MGS his "musical voyage" from private build to commercial luthier, plans to bring three new string assemblies to Montreal. One morning in early June, two of the guitars — the third was a long the finish applied — were prepped on stands in the den of the New North End ranch house Anderson shares with his wife, Rozanne. Both guitars are what he calls the A1, an original design that will appeal to anyone



Craig Anderson

who favors small-bodied classics such as the Gibson L-00 or the Martin 000. The A1 features a dreadnought body, lower bout, a narrow waist and a smaller upper bout. One of the instruments, a natural finish with a red spruce top, Indian rosewood sides and a hand-carved walnut neck, is a custom model.

Neither the A1 nor its more compact cousin, the A2, are especially cutting-edge designs. But Anderson is particular about his raw materials, preferring sustainably sourced that have been recycled from old buildings or harvested by people he knows. The ornamental strap on the headstock of the full-bodied A1, for instance, was carved out of an ancient 5-ft-diameter log that was used in Hyde Park. He's also got a stash of red spruce, which he uses for tops and bridges, from an old Barbanks School structure in St. Johnsbury that was built in 1860.

"A lot of guitar makers buy sets — spruce, Indian rosewood, mahogany," Anderson says. "They put the wood together into a very beautiful guitar, but it's just wood from a supplier."

"Each of my guitars is pretty personal

in its wood," he elaborates. "They all have a lot of Vermont history in them."

Those Peers, gathered for VTac and That Taps Road, owns an Anderson model with hand-sculpted horns made from pieces of an old Vermont covered bridge. Peers was working at Vermont Folk Instruments (now Burlington Guitar & Amp) when Anderson struck up, hoping to sell the instrument on consignment. "I fell in love with that guitar, and I am still in love with it," Peers says. "It's truly one of a kind."

All of Anderson's guitars have distinct "personalities." To demarcate, he picks up the full-bodied A1 — Engelmann spruce top, rosewood sides, maple neck — and leans into the sound hole, exerting a deep, rich harmonic tone that resonates at an F# pitch. Doing the same with the cutaway, Anderson counts a sweetener two-thirds higher on the scale, in the A range. "This guitar has a bit more weight around it," he explains. "It was created in a different way and has a higher, brighter sound with lots of overtones."

In the past, Anderson's guitars sold for anywhere from \$100 to \$4,000. His current line starts at \$2,500. That includes a lengthy conference with Anderson to determine the wood, body shape and sound that best suits the buyer's playing style. "I've always held the idea of building guitars for less money for people," he says. "But I've discovered that it's not a good way to make a living. If you go into a guitar store and get a Taylor or Martin for that much money, you get it off the factory floor. I can build one that's very special for the same price."

A generation ago, the market for American-made acoustic guitars looked dim, sales were down and production of lower-priced instruments had moved to Asia. Some in the industry cried "MTV Coppland," which debuted in 1989, with reigning interest in the acoustic guitar, and encouraging domestic



























## SUN.27

## burlington area

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**T**he 11- to 18-year-olds pulling off breathtaking tumbling, juggling and aerial feats around the state this week didn't just run away to join the circus—they are the circus. Circus Smirkus' annual Big Top Tour stars talented youngsters hailing from as far as California and the United Kingdom, and as close as the Green Mountains. Cleaned through auditions beginning last fall, they will take this year's two-hour show—and a gargantuan, European-style tent—all over New England this summer. Apropos to the "Wilderness Wonders: Outdoor Adventures Under the Big Top" theme, sure walkers, contortionists, acrobats and other performers celebrate Mother Nature while simultaneously clowning around.

## Funny Schmunny

### CIRCUS SMIRKUS

Friday, June 25, 2:00-7:00 p.m. at Circus Smirkus Tent in Greenboro, \$14.95. Monday, June 28, through Wednesday, June 30, 10 a.m.-6:30 p.m. at Champlain Valley Exposition in Essex Junction. \$15.75-16.75. Info: 855-3445 [www.smirkus.org](http://www.smirkus.org)

25, 28-30 | THEATER

## The Last Strawberry

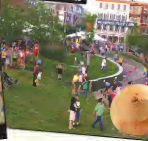
The Beatles sing about strawberry fields forever, but the much-covered red berries have a pretty brief Vermont season before they disappear altogether. An annual treat both at Sam Mazza's Family Farm makes the best of their short stay. Surrounded by expansive growing fields, visitors sink their teeth into strawberry-graced sherbetos, fudge, milkshakes and more. Tunes (historics against the sweet, family-friendly aStar Jay the Clown treats up clever balloon creatures, and the Green Mountain Draft Horse Association's wagon rides provide a tour of the 350-acre grounds. They ride, a petting zoo and local specialty-foods vendors round out the day. Berry nice, indeed.

### ANNUAL STRAWBERRY FESTIVAL

Saturday, June 26, 10 a.m.-4 p.m. at Sam Mazza's Family Farm in Colchester. Free admission; some activities charge a small fee. Info: 955-3442. [www.samazzafarm.com](http://www.samazzafarm.com)



## 25 | FAIRS & FESTIVALS



26 | FOOD & DRINK











# 2010 Flynn

# MainStage



Saturday, June 26 at 8 pm

A special evening of music, song, and dance in honor of Andrea's 30 years as executive director at the Flynn Center. Be prepared for laughs, touching tributes, wonderful memories, and lots of surprises at this community celebration of the Flynn Center's living legend

*This event is free and open to the public, though it is assigned seating and a ticket is required*



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# DOUBT A PARABLE

By  
John Patrick Shanley

June 14, 17, 18, 19  
June 23, 24, 25, 26

June 30, July 1, 2, 3, 5, 2011  
All shows at 8 p.m. Stone Street  
Hall Theatre, 57 Main Street

Tickets can be purchased online at  
[www.doubtheatre.com](http://www.doubtheatre.com)  
or by calling 802-253-2661

Is an Emergency We May Have in Mind  
HOW ABOUT YOURS?



## ARE YOU VERY READY?

Register to be a Vermont  
Emergency Response  
Volunteer Today!

We need more people to be a part of  
most life-threatening emergencies: helping  
to dig out elderly neighbors following  
a snowstorm, setting up a food bank,  
or assisting to use a emergency van  
and support during the cooling the  
elderly situation. Volunteers know  
each of us can make a critical difference.



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FOR MORE INFORMATION, OR, 24

## calendar

MONDAY 26 SEPTEMBER

Children's Book Festival: 10 a.m. to 4 p.m. (Donations accepted, info: 433-2615)

### theater

**CHANCE UNRAVELS** (at 190 St. Champlain Valley  
Theaterhouse, June 26-June 28, 8 p.m. to 8:30 p.m.  
info: 581-3010, info: 523-2663)

**THE NEW AMERICAN** (a Vermont scenic song  
production of the National Theatre of Canada's ac-  
claimed comedy about a city man transplanted to  
the English coast town, Colchester Hall Center, St.  
Johnsbury, 7 p.m. to 10 p.m. info: 963-2000)

**THE MIDDLE CLASS** (An American musical through  
an evening of great performances. Signing at  
advance for select cast members. Available for  
a donation 1 p.m. to 5 p.m. info: 752-5614, 4003  
Cotton Lane, Burlington, Vt.)

### sports

**INTERSTATE NATIONAL RIVER & RESERVE**  
Canoe and kayak launch in grades 1 through  
adult, 10 a.m. to 1 p.m. at the Green Lake State  
Park, 1000 Main St., Burlington, 10 a.m. to 1 p.m.,  
info: 253-4000

**MAINE STATE HISTORICAL SOCIETY** (at 100  
Columbia Street, 10 a.m. to 4 p.m. info: 581-3010)  
The Maine State Historical Society is holding a  
series of lectures on the history of the state, 10 a.m.  
to 4 p.m. info: 581-3010

## TUE. 29

### community

**ACTIVE ADULTS LUNCH** (at 100 Main St.,  
Burlington, 12 p.m. to 1 p.m. info: 581-3010)

### dance

**SAINT JEROME** (at 100 Main St., Burlington,  
10 a.m. to 1 p.m. info: 581-3010)

### environment

**GREENWICH** (at 100 Main St., Burlington,  
10 a.m. to 1 p.m. info: 581-3010)

**OLD-FASHIONED CRYSTALS, SLIMY OR REAL?**  
A wood turner, a maker and a historian display at a  
workshop on the history of crystals and the  
crystal industry, 10 a.m. to 4 p.m. info: 581-3010

**COMMUNITY GARDEN, MEETING** (at 100  
Main St., Burlington, 10 a.m. to 1 p.m. info: 581-3010)

**TRAVELING THE PATH TO ENLIGHTENMENT**  
A series of talks on the path to enlightenment, 10  
a.m. to 1 p.m. info: 581-3010

**TRAVELING THE PATH TO ENLIGHTENMENT**  
A series of talks on the path to enlightenment, 10  
a.m. to 1 p.m. info: 581-3010

### film

**CASINO JACK AND THE UNITED STATES OF  
AMERICA** (at 100 Main St., Burlington, 10 a.m. to  
1 p.m. info: 581-3010)

### food & drink

**SOFT FURNISH MARKET** (at 100 Main St.,  
Burlington, 10 a.m. to 1 p.m. info: 581-3010)

**JAMES H. FURNISH MARKET** (at 100 Main St.,  
Burlington, 10 a.m. to 1 p.m. info: 581-3010)

**EDD NORTH DOW** (at 100 Main St.,  
Burlington, 10 a.m. to 1 p.m. info: 581-3010)

**FURNISH MARKET** (at 100 Main St.,  
Burlington, 10 a.m. to 1 p.m. info: 581-3010)

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Burlington, 10 a.m. to 1 p.m. info: 581-3010)

### health & fitness

**HEALTH & FITNESS EXPERIENCE** (at 100  
Main St., Burlington, 10 a.m. to 1 p.m. info: 581-3010)

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Main St., Burlington, 10 a.m. to 1 p.m. info: 581-3010)

**HEALTH & FITNESS EXPERIENCE** (at 100  
Main St., Burlington, 10 a.m. to 1 p.m. info: 581-3010)

and book community center for the  
Champlain Valley. 10 a.m. to 1 p.m. info: 581-3010

**THE JUNGLE BOOK** (at 100 Main St.,  
Burlington, 10 a.m. to 1 p.m. info: 581-3010)

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Burlington, 10 a.m. to 1 p.m. info: 581-3010)

**THE JUNGLE BOOK** (at 100 Main St.,  
Burlington, 10 a.m. to 1 p.m. info: 581-3010)

## WED. 30

### community

**ADULT CLUB OF ISSUE** (at 100 Main St.,  
Burlington, 10 a.m. to 1 p.m. info: 581-3010)

### environment

**ADULT CLUB OF ISSUE** (at 100 Main St.,  
Burlington, 10 a.m. to 1 p.m. info: 581-3010)







SEVEN DAYS AND HEALTHY LIVING  
PRESENT

# The Great Grocery Giveaway!

Win  
**\$1,000!**

One lucky winner will receive  
**A \$1000 GIFT CARD**  
from Healthy Living!

Register online at [sevendaysvt.com](http://sevendaysvt.com) through Friday noon  
or at **Healthy Living** through Sunday  
**MUST BE PRESENT TO WIN!**

**SUNDAY, JUNE 27  
AT NOON!**

at the South Burlington Farmers Market  
in the Healthy Living Meadow.

And discover the  
**South Burlington Farmers Market...**

June 13 & 27 • July 11 & 25 • August 8 & 22 • September 5 & 19 • October 3 & 17 • 10AM to 2PM

## IN THE HEALTHY LIVING MEADOW!

Spend Sunday with a wonderful gathering of local farmers and producers... sharing the freshest produce,  
local meats, famous vermont cheese, fresh eggs, artisan breads and other locally produced foods.

Meet the people who produce your food!



For more info on the Farmers Market:  
[HealthyLivingMarket.com/farmersmarket](http://HealthyLivingMarket.com/farmersmarket)

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[illegible]



accents using Polymer Power's acrylic clay and figure cement glaze lets of your artist's props dance into the fun!

#### NATURAL BODIES

**PEASERS** Break your creatives for certified instruction in classical Pilates. LeAnn's Ratched's Movement Analysis is a yoga for all abilities. By age 8, small group classes. Location: Natural Bodies Pilates 48 Henneberg Rd. (Rt. 123, just over the bridge from Burlington's New North Rd.) Call/text: 855-3359. Location: naturalbodiespilates.com. Natural Bodies Pilates is a local studio owners equine/athletic professionals advise clients and perform benefits from movement analysis and Pilates with Pilates. And, now you can train your child and relieve stress with whole body workouts that leave you feeling strong, relaxed and flexible. Call today for your first introduction.

#### reiki

**ANIMAL REIKI CLASS:** JULY 10 & 11, 9:30 a.m. - 3:00 p.m. cost: \$30/m. hour class. Location: Hooved Animal Sanctuary, 10000 Rd. 1, Chertsey, Va. 22031. Instructors: Julie Hartung/Reiki, Kelly McDermott. Email: 802-740-8834. reiki@hearttaungreiki.com. This is the foundation for self-care and using Reiki with animals. Reiki history, concepts, hand positions and color of chakra covered. Reiki statements. Plenty of practice time with animals. Student will gain the basic knowledge for working in any animal. Manual and certificate included. Reiki of has donated to sanctuary.

#### shelburne art center

**ADVENTURES IN 800 WATERCOLORS:** Jul 8-Aug 10, 9-3:30 p.m. Cost: \$100/members, \$140/members. Location: Shelburne Art Center, 64 Harbor Rd., Shelburne. Info: Shelburne

Art Center Morgan Powers, 802-885-3648. info@shelburneartcenter.org. www.shelburneartcenter.org. Instructor: Felicia Belts. Learn how to create with a fan and fluid style. This four-week class will concentrate on the basics of watercolor painting and color theory. Traditional and experimental techniques will be shown to get students more familiar with this sometimes tricky medium.

**ART AND CRAFT ON WATERCOLORS:** Jul 8-Aug 6, 9:30 a.m. - 12 p.m. Weekly on Friday. Cost: \$100/members, \$140/members. Location: Shelburne Art Center, 64 Harbor Rd., Shelburne. Info: Shelburne Art Center, Morgan Powers, 802-885-3648. info@shelburneartcenter.org. www.shelburneartcenter.org. Instructor: Amy Roth. Provides beginn'ng watercolorists with a process for painting and helps experienced painters to develop their individual processes for art making with watercolor. New methods and ways of looking and thinking about art will be explored. Emphasis on each individual's art style and creative vision. All experience levels welcome.

**BEJEWELING METAL/JEWELRY DESIGN:** Jul 8-Aug 10, 9:30 a.m. - 12 p.m. Weekly on Tuesday. Cost: \$140/members, \$180/members. Materials \$30. Location: Shelburne Art Center, 64 Harbor Rd., Shelburne. Info: Shelburne Art Center Morgan Powers, 802-885-3648. info@shelburneartcenter.org. www.shelburneartcenter.org. Instructor: Sarah Sprague. This class will focus on designing jewelry animal sculptures or functional art. Each student will complete a series of practice pieces before designing and creating a wearable art or finished piece of art. Each week there will be several demonstrations including sewing, stitching, pressing, annealing, firing and soldering.

**BEJEWELING WOODWORKING:** Jun 25-Aug 1, 9:30-9:30 a.m.

**Weekly on Tuesday:** Cost: \$240/members, \$240/members. Materials \$70. Location: Shelburne Art Center, 64 Harbor Rd., Shelburne. Info: Shelburne Art Center Morgan Powers, 802-885-3648. info@shelburneartcenter.org. www.shelburneartcenter.org. Instructor: Michael Good. Step by step instruction. Students will learn through an engaged approach to woodwork. Students will learn to properly select wood at a lumberyard and then turn the wood to learn machine tool use being introduced to new tools each week. Kind of season good coffee table.

**BOOKMAKING CAMP:** Jul 10-23, 9 a.m. - 12 p.m. Location: Shelburne Art Center, 64 Harbor Rd., Shelburne. Info: 802-885-3648. info@shelburneartcenter.org. www.shelburneartcenter.org. Children will be given the opportunity to design their own personal storybook that depicts the people, places and experiences around their house. This includes drawing and bookbinding skills will be taught and used to craft a small masterpiece for each child. Ages 5-7.

**ONIGATE CLAY CAMP:** Jul 28-30, 9 a.m. - 12 p.m. Location: Shelburne Art Center, 64 Harbor Rd., Shelburne. Info: 802-885-3648. info@shelburneartcenter.org. www.shelburneartcenter.org. This camp is a great way for campers to learn the ins and outs of working with clay. Clay projects will include making masks, animal figures and small pinch pots. Was a great opportunity for campers to have fun while strengthening their fine motor skills. Ages 5-7.

**HAND-BUILDING WITH CLAY & FABRIC CORDATIONS:** Jul 10-23, 9 a.m. - 4 p.m. Location: Shelburne Art Center, 64 Harbor Rd., Shelburne. Info: 802-885-3648. info@shelburneartcenter.org. www.shelburneartcenter.org. Campers will learn the basics of building with clay through coils, pinching and

slabs. Projects will include making small statues and pots. Fabric cordation will allow campers to design out and use a unique fabric pattern from a fabric bag to sock monkeys. Both of the projects will allow campers to work from planning stage of their unique design to the final product. Ages 10.

**WATER WATERCOLOR PAINTING:** Jul 8-Aug 10, 9:30 a.m. - 12 p.m. Weekly on Tuesday. Cost: \$80/members, \$110/members. Location: Shelburne Art Center, 64 Harbor Rd., Shelburne. Info: Shelburne Art Center Morgan Powers, 802-885-3648. info@shelburneartcenter.org. www.shelburneartcenter.org. Instructor: Felicia Belts. Focuses on mastering basic painting skills and the application of watercolor media techniques. Impasto will be on under drawing color making, proportion, techniques, composition and how to paint the most dynamic painting possible. Individual attention from the instructor will be given to each student's personal.

**SKETCHING TOPICS LANDSCAPE:** Jul 8-Aug 10, 9:30 a.m. - 12 p.m. Cost: \$80/members, \$110/members. Location: Shelburne Art Center, 64 Harbor Rd., Shelburne. Info: Shelburne Art Center Morgan Powers, 802-885-3648. info@shelburneartcenter.org. www.shelburneartcenter.org. Instructor: Robert Hutton. Plein Air Painting. Work with oils or water soluble oils. Infuse your landscapes with "revelry" in a simple underpinned by the composition rules that will help you bring with over surprising contrasts in shadows and lights. Opportunity to paint the evening light of Lake Champlain at various locations in the immediate area.

**STAINED GLASS:** Jul 8-Aug 10, 9-3 p.m. Weekly on Wednesday. Cost: \$180/members, \$265/members. Materials \$30. Location: Shelburne Art Center, 64 Harbor Rd., Shelburne. Info: Shelburne Art Center Morgan

Powers, 802-885-3648. info@shelburneartcenter.org. www.shelburneartcenter.org. Instructor: Ed Bender. Create your own stained glass piece of art. Open to beginners and anyone wishing to hone their skills. Instruction includes the Lumen Comfort Tiffany technique. Fresh rope and the traditional lead came method through demonstrations and hands-on practical experience.

**WHEEL THROWING & HANDBUILDING:** Jun 30-Aug 4, 10 a.m. - 12:30 p.m. Weekly on Wednesday. Cost: \$110/members, \$140/members. Materials \$30. Location: Shelburne Art Center, 64 Harbor Rd., Shelburne. Info: Shelburne Art Center Morgan Powers, 802-885-3648. info@shelburneartcenter.org. www.shelburneartcenter.org. Instructor: Barbara Murphy. This intermediate to advanced class invites students with congenial throwing and hand building skills to explore and refine their own aesthetic and develop a personal style. Students will enhance their throwing skills and have their abilities to create a range of functional and decorative forms.



#### tail chi

**SHAKE STYLE TAI CHI CHUAN:** Beginner classes Set, morning & Wed. evenings. Call to view a class Location: 800 YER HAI RD. 100 N. HARTFORD, 100 Church St., Burlington. Info: 802-884-7902, www.taiichi.org. The Yang style.

Style is a dynamic in the method that reduces the spine while stretching and strengthening the core body muscles. Practicing this ancient martial art increases strength, flexibility, vitality, peace of mind and mental skill.

#### yoga

**EVOLUTION YOGA:** Early yoga classes for all levels from \$5-\$45, conveniently located in Burlington. 10-class online and unlimited membership available for discounted rates. Mon, Fri, 9-10:30 p.m., class is only \$5. Location: Evolution Yoga Burlington. Info: 802-884-5642. yevolutionyoga.com. www.evolutionyoga.com. Evolution's certified teachers are skilled with students ranging from beginner advanced. We offer classes in Vinyasa, Anusara-inspired, Kundalini and Iyengar yoga. Balanced kids classes also available. Options for birth and strengthen postnatal and pre/postnatal yoga and check out our therapeutic massage practice. Participate in our annual yoga blog. Evolution's carry on yoga.

**ONE NEXT STEP: A RETREAT FOR RELATIONSHIPS:** JULY 10-11, 9:30 a.m. - 3:00 p.m. Location: Meadowbrook Homestead Retreat Center, Mendon, Mass. 01942. 802-884-8888. info@shelburneartcenter.com. www.juliettaquart.com. A wonderful collaboration Laura Whitehouse, director of Shelburne Hill Yoga will be joining up with Julie Saquet of Mendonshire Consulting to offer this wonderful life summer one day retreat. Are you ready to take steps toward change in your life? This is the perfect opportunity to make some space and time for yourself, explore your needs, preferences and vision and create a plan. \$10.



# World Views

"Ansel Adams and Edward Burtynsky: Constructed Landscapes"

art

**V**isitors to the new "Constructed Landscapes" exhibit may be surprised to learn that this is the Shelburne Museum's debut photography show. Though renowned for its collection of folk objects, furniture, quilts, toys and impressionist paintings, the museum has in recent years turned its focus to a variety of modern media, from chandeliers to motorcycles.

But not photos. Executive Director Stephen Jost, whose academic focus at the University of Texas at Austin was the history of photography in relation to its people yet another first — and a circumstantial coup — for the Shelburne: an exhibit in the Webb Gallery of images by famed 20th-century American photographer Ansel Adams (1902-84) and contemporary Canadian photographer Edward Burtynsky (1936).

The sharp contrast between the two are evident. One captured stunning vistas of the American West in unspoiled conditions; the other has photographed sites around the globe that reflect often devastating human impact on the natural world. Adams presented his scenic landscapes in black and white; Burtynsky's are in vivid color.

A difference that visitors would not anticipate before entering the Webb Gallery is that Adams created relatively small — a typical size is just 8 by 10 inches. Many of Burtynsky's images are measured in feet rather than inches. When Adams was shooting more than half a century ago, prints out Jost, as he was working in the kind of scale that is commonplace now. Given that his pictures come to virtually define our collective consciousness of the mountainous West, his conservatism — in fact, almost jarring — to see this grand scenery in modest proportions.

And yet, if Adams' photos simply represent the custom and perhaps the greater capacity of the time, their size and the intimacy of the gallery actually encourage a viewer to closely observe their technical prowess and breathtaking beauty.

For visitors, views will "come for the Adams and here talking about the photography." But there is still plenty to say, and think, about Adams. Anyone who admires black-and-white photography



**ONE CAPTURED STUNNING VISTAS OF THE AMERICAN WEST IN PRISTINE CONDITION. THE OTHER HAS PHOTOGRAPHED SITES AROUND THE GLOBE THAT REFLECT OFTEN EGREGIOUS HUMAN IMPACT ON THE NATURAL WORLD.**

will swear never over his bottomless blacks, the variable palette of grays Adams had a "nose system," Jost notes, with a "huge range, absolute black and white and every shade of gray in between." Then there is the pacing, clarity and, not least, the compositions. Adams was undeniably a master of his craft, both on-site — he took hours to set up his shots — and in the darkroom.

Four of the gallery's rooms are devoted to Adams' images, and they are arranged exactly as he wanted them — he created portfolios of 12 to 30 photos in groupings largely driven by aesthetic, rather than chronological, considerations. Jost explains: A view or has the pleasant option of contemplating why Adams chose the prints, and the order, he did. Yet another surprise in the breadth of human portraits and architectural studies. After



"Rocky Mountain, No. 32" by Ansel Adams (1937). Photo by Ansel Adams.

the spectacle of Yosemite, these are strikingly — human.

The three rooms given to Burtynsky hold just four to six photographs each because of their dimensions. Their size enhances their impact, to be sure, but they are also compelling for their exacting quality and careful consideration of composition. "Formally," declares Jost, "he's extraordinary."

It is sometimes difficult to comprehend the scale — or even the subject matter — of what pairs viewing. In "Metal Things, No. 32," for instance, a bright orange, tube-looking substance soars over a flat plain like lava. The la-

volcanic turn out to be Sudbury, Ontario, and the orange effluent is leaching from nickel processing in a nearby factory. Only extend of words in the end, great perspective. In another print, a stack of "dismantled" — that is, squashed into coils — oil drums fill the entire image area, and it is impossible to tell how large they are individually or how many drums there may be. One guesses, a lot. But the image can be seen as a colorful abstraction as much as a symbol of consumption.

It would appear that Burtynsky approaches his subjects with two minds. One, obviously, is to document the enormity of the global marketplace — the rooms with images of goods that shape being discussed in Bangladesh as a revolution — as well as the severity of the human population, its various appetites and the struggle it takes to satisfy them. Consider the depths of oil derricks outside of Los Angeles, the formidably pyramidal of coal near a seaport in China, or even the scoured walls of a granite quarry in Rome, Vt. That Burtynsky is successful at conveying this severity is apparent: a recent achievement in winning the UK's Andor 2000 Bank Award for GR, his book of images depicting humanity's impact on the land for.

But Burtynsky's other "mind" is that of an artist. There is no denying that his images are aesthetically potent — in some cases, downright beautiful, in the way that an irrelevant oil slick is pretty if you ignore the implicit consequences. Burtynsky is both documentarian and composer, as was Adams.

And that explains Jost's multi-layered title for this exhibit: The two photographers have "constructed" their images with extreme care. Much like the 20th-century landscape painters before them, the intentions of both is to create exceptional pictures and to impart a particular attitude toward the natural world. The pairing of Adams and Burtynsky makes for an exhibit that elicits both awe and sorrow.

PAMELA POLSTON

Ansel Adams and Edward Burtynsky  
Constructed Landscapes: Shelburne  
Museum  
100 N. Main Street, Shelburne, VT 05482  
www.shelburnemuseum.org











## HUNTINGTON ARTS SHOWS 40-70

**JENNIE K. MACKENZIE** "Senior" paintings inspired by a series through July. Through July 31st. One Day Show in Huntington. Info: 302-2287

**BRETT LEONARDSON & KRISTA JENNISON** Join us for a special show. Come see the latest work by the professional, internationally and well-known artist of today. Join us for the most beautiful show through July 31st at 10:00am Art Center. Info: 302-2287

**LEWIS FINE** "Heads-on" the artist's head-on portraits of people and "Masters" series. Through June 27th. One Day Show in Huntington. Info: 302-2287

**LENN LUGGERBERG** "Alyce" and "Meadow" series. Through June 27th. One Day Show in Huntington. Info: 302-2287

**HAILEY CRISP SHOWN** In her latest work, artist painting, photography, mixed media and sculpture on an old house in the historic building. Through June 30th at Huntington. Info: 302-2287

**HANNAH MORGAN & ALLEN MORGAN** "A little corner" photography of the artist's life. Through June 30th at Huntington. Info: 302-2287

**MARIA SERRA** "Senior" series. Through June 30th at Huntington. Info: 302-2287

**MARY E. JENNINGS** "One Day Show" series. Through June 30th at Huntington. Info: 302-2287

**MICHAEL STANLEY** "Heads-on" series. Through June 30th at Huntington. Info: 302-2287

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## NEW LOCATION!

**30% OFF**  
any one hair style done  
expires July 5

**Boutilliers**  
HAIR STYLING & COLOR

100 College St., Burlington  
302-228-1111  
M Sat 10-6, Sun 12-4

**Summer Time!**

The Vermont Internship through Vermont Extension for Social Responsibility provides paid internships to college students, senior level students, and recent graduates year round with Vermont's best business. For more information: [www.vber.org](http://www.vber.org), or contact: Tia at [tia@vber.org](mailto:tia@vber.org).



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**Use of Handheld devices has skyrocketed.**  
So have jobs to support them.

**For a Hot Career, hold the phone.**



**100% online • 7 week sessions**  
Bachelor's Degree | Associate Degree  
Professional Certificate  
Fall semester begins August 30

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7 Fayette Rd. South Burlington  
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(802) 263-2211  
394 Mountain Road, Stowe, VT  
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**WALK-IN CARE**  
(no appointment needed)  
**MOST INSURANCE ACCEPTED**  
(now accepting Aetna)  
**LAB, X-RAY ON PREMISES**  
**SHORT WAITS, FRIENDLY SERVICE**

**{ 2 Great Clinics }**  
**{ 1 Great Concept }**

**"Quality Medical Care When You Need It"**

**Last year,  
you saved more than  
135,350 barrels of oil.**



**We all save energy when  
new products are made  
from recycled materials.**  
Last year, residents and  
businesses in Chittenden  
County recycled over:

- 36,408 tons of paper,**  
saving 81,894 barrels of oil.
- 1,678 tons of plastic,**  
saving 6,460 barrels of oil.
- 2,182 tons of aluminum & steel,**  
saving 86,596 barrels of oil.

**Recycling: It's the alternative energy for everybody.**

**CSWD** CHITTENDEN  
Solid Waste District  
**WWW.CSWD.NET**

**art**



**Leroy's Place** There's the curious new show of Stowe Burlington. By other name, the OldHome artwork's work is making a splash this month with a show of "unobscured," that is, found prints she suggests with quirky entries. This selection is paired with a series of cheerful "3.5 D" close images in mixed media. All are on view through June 23 at Uncommon Grounds in Burlington. But catch her quick, there or at this Saturday's Art Market in City Hall Park, because Rungtup is moving to NYC next month. Pictured: "5.8 James Lykes"

CHITTENDEN COUNTY SHOWS 4/1/12

**KARI MEYER** "Waves of Motion: A History of Vermont's Rivers, Beaches and Forests" (ongoing) through June 30 at the Green Space Art Gallery at Collier's Grounds in Montpelier. Info: 249-6338/3338/3338

**HEIDI ANDERSON** "Surrealism and Fantasy in the 20th Century" through June 30 at the Green Space Art Gallery. Info: 249-6338

**DAVID THOMAS** "The Art of the Book" through June 30 at the Green Space Art Gallery. Info: 249-6338

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more in a celebration of the event through July 30 at Green Space Gallery in Montpelier. Info: 249-6338

**ANNUAL MEMBERSHIP SHOW** Members of the Vermont Artists' Association show their work through June 30 at the Green Space Art Gallery. Info: 249-6338

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**PHILIPPE WESSLER & ROCK WESSLER** Paintings and sculptures. Recently they left the art world to become therapists. Through July 13 at the Art House in Montpelier. Info: 843-2454.

**SHIRLEY SCHAPIR** Paintings of local scenes by the late artist. From the private collection of Nancy Wessler. Through June 28 at Lincoln Library. Info: 423-8910.

**SUMMER GROUP SHOW** Starts this week. Kari Gosh, Paul Daigne, Anne Marie, Kim Boudreau and other local artists present their works in a series of events. Open to artists and the public. Exhibitions of only through October 1 at the Gallery at 45 North St. in Montpelier. Info: 423-5833.

**SUMMER MEMBERS CORNER** Paintings and photographs by Don Rogers, Jackson Taylor, Barry Boudreau and Jennifer Boudreau. Through August 4 at the Gallery in Bellows Falls. Info: 775-2380.

**THE ART FACTORY** A traveling exhibit of 20 works by 10 Vermont artists that are on the move at the moment, a project of artworks going from person to person and from Vermont Art Council. Through June 27 at Woodstock Art Center. Info: 855-1137.

**THE NEW LINE OF WOOD** An exhibit of locally sculpted furniture by Vermont woodworkers. Through June 27 at the Vermont Art Center in Montpelier. Info: 888-2523.



## Catherine Hall & Axel Stohlberg

The artists, from Burlington and Waterbury, respectively, might as well have called their dual exhibit "Halls and Houses." Hall's contributions are predominantly framed arrangements of doll head fragments — some found, some her own creations — dipped in wax and wearing a variety of slightly eerie expressions. Stohlberg's blocks, house-shaped sculptures made of wood, and a selection of abstracted paintings and drawings offer a solid counterpoint.

What the artists have in common is an inclination to make shapes and what they imply. On view at the TM Wood Gallery in Montpelier through July 18. Featured at Stohlberg's construction.

**THOMAS PHILLIPS** "There is no 'The Mystery' with light and shadow at the moment," says Phillips. Through June 13 at Waterbury Gallery & Art Center. Montpelier. Info: 423-3381.

**WHITES KOBLE** The minimalist artist took off his shoes. His contemporary works that are on display at the Vermont Art Center and the Vermont Art Center. Through June 27 at the Vermont Art Center. Info: 423-4079.

### Waterbury

**ALAN AND BEATRICE** The long-time local art of show is a sampling of a day and evening of their paintings. Through July 18 at the Vermont Art Center. Info: 423-5344.

**JOHN GORDON KELLY MERRILL** "The artist's work is a journey." Through July 18 at the Vermont Art Center. Info: 423-5344.

**JOSEPH GORDON & MARY KATIE** "The artist's work is a journey." Through July 18 at the Vermont Art Center. Info: 423-5344.

**JOHN GORDON & MARY KATIE** "The artist's work is a journey." Through July 18 at the Vermont Art Center. Info: 423-5344.

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VERMONT  FESTIVAL

**July 18 - August 8**

**WWW.VTMOZART.ORG**

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**Tickets on sale now!**

## RESEARCH SUBJECTS WANTED

Healthy adults & females (18-40 yrs) for an 8 week study of the effects of dietary fat on body fat balance and chemical function of muscle, blood and high. Women must not be pregnant. Eligible subjects will receive \$2500 for time and expenses.

If interested, please contact Dr. C. Lawrence Kien at [ckien@umc.edu](mailto:ckien@umc.edu) or 862-656-9693.




## CENTRAL TO YOUR NEW LIFE



"It was great! Everyone was so helpful... the Birthing Center is really great... it was ALL JUST GREAT!"

There was a lot of family waiting to meet sweet Wyatt. He's short but great grandson after. Alice, Parlane decided to have no visitors. She put stock in it. Alice arrived and indeed couldn't take her eyes off the newest in her large brood (it by her count) little, little, little.

19" long Wyatt was born on June 14. He is the son of Jennifer Parlane and Chris Ingraham. Wyatt has not yet met siblings Kristin, Cassandra, Timothée, Anthony, James and Gaelle. We suspect he shall never shed a tear for attention and will surely have a minute alone. Best wishes to the Montpelier family.



Bryan S. Hunt  
MD, OB/GYN



Holly Gotsdiner  
RN, CNR



Jonielle K. Kien, MD, PhD  
Lactation Consultant



Margaret V. Leduc  
MD, PhD, Pediatrics



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## SEVEN DAYS PERSONALS

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Browse 1000s of local profiles  
Send messages and "flirt"  
Listen to greetings

2200+ Local Profiles

Everybody's doin' it at  
sevendaysvt.com

## SHOWtimes

[F] = NEW THIS WEEK IN VISION  
FILMS SUBJECT TO CHANGE WITHOUT NOTICE  
FURTHER DELAYS DUE TO VARIOUS SCHEDULED CONCERTS

Shows of the Twilight Saga  
Eclipse releases today at midnight are usually  
scheduled for Wednesday  
June 23 at 12:30 p.m.

### BIG PICTURE THEATRE

100 South Main, 300  
Westmont, 300 Westmont  
300 Westmont, 300 Westmont

Wednesday 22 — Thursday 23  
10:30 a.m. [F] The A-Team  
1:30 p.m. [F] The A-Team

Friday 24 — Saturday 25  
10:30 a.m. [F] The A-Team  
1:30 p.m. [F] The A-Team

Shows also at garden city  
Theater, 300 Westmont  
300 Westmont, 300 Westmont

### BLU-DU CINEMEX

300 Westmont, 300 Westmont  
300 Westmont, 300 Westmont

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### ESSEX CINEMA

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300 Westmont, 300 Westmont

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## movies

### THE SAVORY THEATER

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300 Westmont, 300 Westmont

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**ROBIN HODGE** ♦ ♦ ♦ *US: Russell Crowe: Riding Bull, leading horses and hand to hand combat — what more do you need to know? With Mark Strong: Cole Blanchetti and Max Von Sydow (140 min, PG-13) (Riviera 1)*

**ENRICH FORENCRATER444** The green guy makes an off-the-wall deal that sends him on an adventure to help his friends and save the world. (Friday, 9-22) **Enrich444** is a series — only it is, of course, a 20-episode megaseason. With the new cast of Mike Myers, Eddie Murphy, Cameron Diaz and Redmond Davis, Mike Myers still heads (30-11, PG) **Wipeout Coast** (3-2), **Game, Mystery** (3-3) **Poker**...

**SPYGLASS** **★★★★½** From Canadian filmmaker Nicolas (Pais de l'Homme) Mallet comes this so-far-limited concerning a pair of scientists whose sailing, edge equipment, and good biology produce a suspended time. Inevitable but not quite humanistic. Featuring Adam Bely, Sarah Polley, and Deborah Chonow. [D]

**BOX STORY** ♦♦♦♦♦ The boys are back, y'know. David Harris, Tim Lincecum and several others went to

[illegible]

**WHEN YOU'RE STOPPING A FILM ABOUT THE DOODS++:** *Tom (Long in Cleats) O'Grady* directs this documentary chronicling the formation and rise to fame of the legendary band. (R) (on R. Ends 8/24, 3pm)

## NEW ON VIDEO

**GREEN ZENITH**—A US Forest Service team and Greenpeace have been talking the bear about a ton of Avery inspectors that find itself in a wild goose chase for weasels if it was destruction in the long forest. Avery Greenpeace, Paul (the American Literature United 62) Greenpeace claims, 100,000, 00.

**THE LAST STATION**★★★ Based on the 2002 melodrama by Jay Polner, writer-director Michael (One Tree Hill) Hoffmann lists at once a heart and a gut punch, tying the final days of Trinity (Christopher Plummer, *Walden*) to John (James McAvoy, *Paul Giamatti*) as they both die. **C**

**REMEMBERING** From Allen (Hollywoodland): Ceasar comes to a violent end as a result of a troubling vision that he takes too long realizing when he unexpectedly finds love. Starring: Robert Pattinson and Carey Mulligan. **PG-13**

**SINKS OUT OF MY LEAGUE** • **A+VE** Joy Burchett stars in this comedy about a naive guy who doesn't know what to make of it when a beautiful woman falls for him. Al co-eds Mike Vogel and T.J. Miller costar. Jim Field Smith makes his feature directorial debut. (PG-13) **C** 80/80

THE ROXY CINEMAS  
**MOVIE***quiz*

MSE FROM LTH-SEATTLE &amp; MCT

### What's Wrong with These Pictures?

What were you up to this week we picked six of the industry's best-known actors. Their faces are everywhere, but less recognizable perhaps, is what five of these performers have in common professionally. What we'd like from you is the name of the star who doesn't belong along with the names who



CLAYTON KENNEDY'S WIFE  
DIED IN A CAR CRASH



LAST WEEK'S  
Answer: 4  
FAMOUS FACE: 8,  
Lena, Tina Turner

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with *Red Kwanzaa* on  
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SUPPLEMENTARY FIGURE 10

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quarantined restaurant and a server for  
free to the extent of the value of the  
certificate. **IMPORTANT TO** Please Don't  
Forget to: **Wash**, **Wash**, **Wash**, **Wash**,  
I hope you're all well. I'm sure to  
include your address in the next issue of  
the newsletter. I'll be back in the next  
issue.

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## Curses, Foiled Again

A woman in Port Wakeen Beach, Wis., reported leaving a man outside her bedroom window talking someone on a cellphone. "This about to commit a crime," she wrote her boyfriend, who said he observed the outsider lurking on a nearby deck and couldn't let call. Later, he heard a glass door breaking in Glushko County sheriff's deputy who responded followed a trail of blood from the glass door to a nearby intersection, where he found Kevin Wayne Winkler, 30, strapping on a curb blood bag. (Northwest Florida Daily News)

A worker counting the night take at a Burger King in Pine Bluff, Ark., told police she was approached with a gun, threatened to kill her and demanded the cash. When he set the gun down so he could put the money in a bag, the worker grabbed it, shot the robber during a struggle, then put him in a handcuff and called police, who arrested Jason Robinson, 23. (Pine Bluff Commercial Appeal)

## Volkswagen Commercial Closes to Life

An Iowa man was telling a *WFL* dispatcher that a stranger punched him for no reason at a probation mall in Iowa City when he interrupted himself to tell the dispatcher that a different man had just walked up and punched him. Police said the second man was a friend of the original complainant. (Cedar Rapids KCRG-TV News)

## Defenders of the Faith

Authorities and Timothy Noel, 45, and his twin 18-year-old sons beat up another man during a drunken brawl at a bar in Madison County, Mo., according to sheriff's Capt. Brad Wells, who explained, "The victim had been talking about religion and demons, when the other three became upset and started whipping up on him." Wells added he didn't know what specific religious tenets started the argument, but that the drunken talk provoked the beating. (St. Louis Post-Dispatch)

## Pencock Seeking Pigeons

NBC launched a campaign to what social-media users to promote its shows. "A recommendation from any message we can put out through conventional marketing channels," said Adam Strangy president of NBC Entertainment Marketing. Participants on the network's "Fox It" initiative sign up on NBC's website, and then log on to their Facebook, Twitter, MySpace or MyiTV accounts to earn points for chatting about its news and directing friends to NBC-related links. They can redeem points for sneak previews of

NBC shows, NBC merchandise, and a chance to win attendance to the finale of "The Biggest Loser" or a prize from "The Office." (Associated Press)

## Litigation Nation

After Lucas Rosenberg was hit by a car while trying to cross a four-lane highway in Park City, Utah, at night, the road Google Inc., claiming the online *Directions* were "not reasonably safe for pedestrians." Although social networks, websites and cable news networks blamed Rosenberg for ignoring his own safety to blindly follow online directions, his lawyer, Allen Young, insisted that Google Maps "created a trap with walking instructions that people rely on." Google official Nancy Pridemore pointed out that a very software version of Google Maps warns that walking routes may be missing sidewalks or pedestrians paths. (Associated Press)

## Size Matters

After high school students and college-age adults complained that the 40-mile road race the District of Columbia distributes free each year is poor quality and too small, the city began offering Trips, including the company's superior Magna variety. Dunes courses are still available, but health officials acknowledge that, although both brands are equally effective in preventing pregnancy and sexually transmitted diseases, Trips contains some greater appeal because of the company's marketing strategy, which includes providing Magna in a shiny gold wrapper that HIV/AIDS Administration representative Michael Khoury noted "has a little bit of the bling quality." (The Washington Post)

## Spit Happens

New York's Metropolitan Transportation Authority reported that 35 city bus drivers took an average of two paid months off last year to recover from being spat upon by upset riders. "The driver's union is confident the industry is on a gradual, exciting spitting epidemic to good home. One driver needed 91 days to recover." (Associated Press)

## Stop the Process!

The world's largest chocolate maker declared that its new formula could fight wrinkles and slow the aging process. Considering that chocolate is probably at the bottom of the list when you think about healthy food choices, Barry Callebaut Chief Innovation Officer Hans Wenzel and the Swiss company's studies showed that a daily dose of 65 grams of its specially developed chocolate, first fed with antioxidants and flavonols preserved during the roasting process, boosts skin elasticity and improves hydration. (Reuters)



[illegible]

**TAURUS** (April 20-May 20) In 1994 I spent three weeks reading *The Psychocritiques of Freud and The Poetics of Science*, two books by French philosopher Gaston Bachelard. His teachings were so evocative that I filled up two 120 page journals with my notes. To this day I still refer to them: continuing to draw fresh inspiration from ideas I won't reread enough to fully understand when I first encountered them. Rife's amazing *A Physics of Pure Imagination* is like a direct line to what could happen for you. Taurus: a supercharged education opportunity that will fuel your fire for a long time.

**GEMINI** [May 21-June 20] *Cynthia*  
Gemini: You have not only weathered your recent phase of mindless rambling, you've thrived on the adjustments. It demanded of you I am hereby warning you with the real and prestigious title of George-Lover, which I only bestow upon one of the signs of the zodiac every four years or so. So which next is the schedule? The shock of the new will soon subside, giving you a chance to more fully integrate the fresh approaches you've been adopting. I suggest you relax your hypervigilance and slip into a slower approach, more reflective mode.

**LED** [July 22 Aug. 20] Link your Playboy magazine publisher to a list of the best colleges to go to if you prefer putting to slugging. In its recent magazine, a top spot went to the University of Wisconsin, which was dubbed "the best beer drinking school in the country." As a counterpoint to this helpful information, HuffingtonPost.com offered a compendium of the best anti-party schools. Brigham Young

got several members since it has a policy forbidding students from drinking, smoking and drinking sex. The University of Chicago was also highly regarded being the place where you go to do it. For the next three weeks, I'll remember that you get for environments that resemble the letter more than the former. It's time for you to get very clear in this case, will the scientists that distrust you from your own purpose and culture is a hell of a lot of pressure.

**VIRGO** (July 23–Sept. 23) You're entering a phase of your long-term cycle when cultivating abundance (and especially smart things to do to take maximum advantage) I suggest that you be both keen generous and extra-impulsive to generosity. Send more blessings than you can put, just! It's permeating one is gilded in more blessings than usual. I feel on that the second half of this assignment might be a challenge. You Virgos often feel more comfortable giving than receiving. But in this case I must insist that you extend to each equally. The giving part will make you rich unless the giving part is in full bloom.

**LIBRA** [Sept. 23-Oct. 22] What have you lost in recent months, Libra? This week begins a phase when you'll have the potential to not exactly lose it, but rather have it evolve it on a higher level. Maybe it seems that seemed to unravel was a ripple undergoing a metamorphosis, and now you're prepared to give it a new and better form of expression. Maybe it's a relationship that went wrong, was merely dying, and could be resurrected, and more honestly and deeply for the time around.

**SCORPIO** (Oct. 23-Nov. 21) I'm guessing that you've been advised into a position that affords you no recognizable power spot. Probably feels uncomfortable. Have you lost the inside track. And now things came some new guy — now who advises you? It's a little foreboding column that you are exactly where you need to be. He says that. His wondering outside the magic circle is pregnant with possibilities that could help you make better use of the magic and when you go to get it made it's a little dice. I hope you will heed this one; you go at least for the moment, and the long term. When he force yourself back into the heart of the situation.

CHECK OUT OUR FIFTIETHS EXPANDED WEEKLY



## Cancer

June 25-July 1992

There are the low-paying jobs I've done that I wasn't very good at: tapping sap from maple trees in Vermont; driving a taxi in North Carolina; selling ice cream at an amusement park ride operator in New Jersey; being a pinball guy for a local supermarket in California; digging ditches in South Carolina; and picking olives from trees in the south of France. To feel like a failure for being such a mediocre worker and making so little money? No, because although it took me a while, I finally found what I was good at, and have been thriving ever since. Why would I judge myself harshly for being terrible doing things that weren't in sync with my soul's code? Please apply this rule of thumb to yourself:

**SAGITTARIUS** [Nov. 23-Dec. 21] There used to be a tradition in Sweden that young women could discern of the person they would ultimately wed if they put seven kinds of flowers beneath their pillows on Midsummer Eve. That's crazy nonsense of course, right? Rightly. Although I must note that two adults are in almost a diabolical business

Kit, arched eyebrows, lips and nose under my pillow and subsequently dreamed he was visited by the My Dreamed Goddess of Intimacy who asked me to convey a message to you. So, I'm here. She said if that if you ever find yourself slipping under Buster's winter pillow, you will have a dream about what you should do in order to help your love life evolve to the next level or, to highest potential.

**CAPRICORN** (Dec. 22-Jan. 19) Have you noticed that each of your knowledgeable, sophisticated friends that you're hard to surprise? Do you share conversations about each other's new experiences by comparing it to what has happened to you in the past? I hope not. I hope you're ready to be a whole, open, unadorned, wild-haired mad explorer. I hope you will invite life to blow your mind in the days to come, your strongest stance will be that of an innocent virgin who anticipates an interesting future. Blessings, you can't imagine what you, if you'll excuse yourself from outdated expectations and irrelevant complications

**AQUARIUS** (July 2014-19) The second issue was published in 1938. "It seemed to me," says the publisher, "that it was in July or early July, but it contains no time or date or any other identifying information." The book of legends and the proofed text of the Commandments were titled the "word" "was" excised from one commandment, "It" remained in "hark to pass upon you" "Thou shalt commit adultery" Most of these books were later burned and the publisher was punished. He on the instead for a comparable thing. Aquarius: a small emblem that could change the meaning of strength. He likely put upon this word in the first issue. I spoke to him.

**PISCES** [Feb. 18-March 20] The plant known as the aquatic cucumber has an unusual talent. When the fruit is ripe it opens up and spits out a repulsive stream of seeds that travel a great distance. In the coming weeks Pisces you'll see resemblances to this aggressive budfish. It'll be prime time to be proactive about spending your influence and offering your specialty. Pis the world is begging you to share your creative spirit profusely with rapid fire spouts that travel a great distance.

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NEWS DUMMIES (PAGE 12)  
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## ⊗ CALCOKU BY JOSH KEYMOLES

**DIFFICULTY THIS WEEK: ★★★**

For the checking the numbers it is only about 10x10 grid and column. The numbers are not having outside of grid, must contain in between. (The largest number in the line cannot be using the arithmetic operation in a circle). A line may also be filled with the largest number in the top corner. A number can be repeated within a line as long as it is not the same operation column.

★ = MODERATE   ★★ = CHALLENGING   ★★★ = HARD BOY — FIND ANSWERS & CROSSWORD IN THE CLASSIFIEDS SECTION



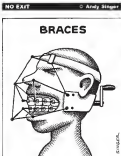
## ⊗ SUDOKU BY JOSH KEYMOLES

**DIFFICULTY THIS WEEK: ★★★**

Place a number in the empty boxes in such a way that each row, column, each column box and each 3x3 box contains only the numbers from 1 to 9. The same numbers cannot be repeated in a row or column.



*In the end, it was technology, not Kryptonite that brought about the demise of Superman.*



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